

# January 2019

## OSIP Lunch Menu

Water, 1% Milk, Juice and Coffee offered at every meal.

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	1	2	3	4
	New Year's Day CLOSED	Tuna & Mixed Veggie Casserole W/G bread Pears	Baked Ham Baked Beans Broccoli W/G Muffin Apricots	Broc/Cauli Cass Cottage Cheese W/G Rolls Fruit Cup
7	8	9	10	11
Veggie Pizza on W/G Sand Thin Cottage Cheese Fruit Cocktail	W/G Spaghetti Beef Sauce Green Salad W/G Garlic Bread Apricots	Chicken Sandwich with W/G Bread 3 Bean Salad Peaches	Baked Haddock Sweet Potato W/G Muffin Mango	Rst Pork Baked Potato Peas W/G Bread Diced Fruit
14	15	16	17	18
Ham Pea Soup Corn Bread Applesauce	Veggie Burger Stuffed Cabbage W/G read Pears	Pot Roast Carrots W/G bread Rolls Peaches	Chicken & Gravy on W/G Toast Green Beans Mango	Tuna Sandwich W/G Bread 3 Bean Salad Mandarin Oranges
21	22	23	24	25
Haddock W/G Basil Noodles Acorn Squash Cherry / Apple Cup	Rst Pork Mashed Potato Carrots/Peas W/G Rolls Fruit Cocktail	Mac & Cheese Broccoli Deviled Eggs Pears	Shepards Pie w/ Corn & Carrots W/G Muffin Peaches	Chicken Noodle Soup Sweet Potato Fries W/G Crackers Baked Apples
28	29	30	31	
BBQ Chicken Mashed Potato Stuffing Apricot	Tuna Pea Wiggle W/G Crackers Cole Slaw Baked Apples	Grilled Ham & Cheese Pickled Beets Pears	Zucchinni Lazagna W/G Garlic Bread Fruit Cocktail	

OSIP Adult Day Services is an equal opportunity provider.