

# Farestart Community Meals Menu: January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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						<b>B:</b> Biscuits & Sausage Gravy, Fruit  <b>L:</b> Meatloaf & Cheddar Sandwich, Kale Salad, Fruit  <b>D:</b> Ham, Black-Eyed Peas, and Collard Greens Wild Rice Bowl, Seasonal Salad w/ Dressing
2	3	4	5	6	7	8
<b>B:</b> Bacon & Cheddar Frittata, Fruit  <b>L:</b> Tuna Salad Sandwich, Potato Salad, Fruit  <b>D:</b> Beef & Vegetable Shawarma Rice Bowl, Seasonal Salad w/ Dressing	<b>B:</b> Ham & Cheese Breakfast Burrito, Fruit  <b>L:</b> Black Bean Hummus & Corn Salsa on Kaiser Roll, Cumin Scented Vegetable Salad, Fruit  <b>D:</b> Pinto Bean & Cheddar Rice Bowl w/ Fiesta Corn, Seasonal Salad w/ Dressing	<b>B:</b> Baked French Toast w/ Syrup, Bacon, Fruit  <b>L:</b> BBQ Grilled Chicken Sandwich, Salade du Jour, Fruit  <b>D:</b> Macaroni w/ Ground Beef & Vegetables in Tomato Sauce, Seasonal Salad w/ Dressing	<b>B:</b> Blueberry Scone, Cottage Cheese, Fruit  <b>L:</b> Turkey & American Sandwich, Beet Salad w/ Dried Fruit Mustard, Fruit  <b>D:</b> Mexican Style Chicken w/ Ranch Style Black Beans & Spanish Rice, Fiesta Corn, Seasonal Salad w/ Dressing	<b>B:</b> Overnight Oats w/ Bananas  <b>L:</b> Asian Chicken Salad Sandwich, Ginger Lemon Coleslaw, Fruit  <b>D:</b> Chicken Pot Pie w/ Biscuit, Seasonal Salad w/ Dressing	<b>B:</b> Bagels, Cream Cheese, Fruit  <b>L:</b> Breaded Chicken Sandwich, Curried Cauliflower & Cashew Salad, Fruit  <b>D:</b> Beef Meatballs, White Beans, Peas, & Onions in Tomato Sauce on Bowtie Pasta, Seasonal Salad w/ Dressing	<b>B:</b> Sausage & Egg English Muffin, Fruit  <b>L:</b> BLT Sandwich, Antipasto Salad, Fruit  <b>D:</b> Homestyle Seafood Pasta, Assorted Vegetables, Seasonal Salad w/ Dressing
9	10	11	12	13	14	15
<b>B:</b> Joe's Scramble w/ Beef, Spinach, & Mushrooms, Hash Browns, Fruit  <b>L:</b> Ham & Swiss Sandwich, Pinto Bean & Bacon Salad w/ Sauerkraut Vinaigrette, Fruit  <b>D:</b> Chickpea & Vegetable Tikka Masala Coconut Rice Bowl, Seasonal Salad w/ Dressing	<b>B:</b> Assorted Cereal, Yogurt, Fruit  <b>L:</b> Roasted Red Pepper & Mozzarella Sandwich, Corn Succotash, Fruit  <b>D:</b> Sweet Chili Tofu Soba Noodles, Ginger Spiced Vegetables, Seasonal Salad w/ Dressing	<b>B:</b> Ham & Cheese Pastry, Fruit  <b>L:</b> Mexican Pulled Chicken Sandwich, Corn Salad w/ Smokey Tomato Vinaigrette, Fruit  <b>D:</b> Chickpeas & Root Vegetables w/ Wild Rice & Curry Tahini Dressing, Seasonal Salad w/ Dressing	<b>B:</b> Blueberry Scone, Cottage Cheese, Fruit  <b>L:</b> White Bean Hummus w/ Sundried Tomato & Kalamata Sandwich, Herbed Pasta Salad, Fruit  <b>D:</b> Chicken, Vegetable, & Roasted Red Pepper Pesto Pasta, Seasonal Salad w/ Dressing	<b>B:</b> Peach Grain Bar, Cheese Stick, Fruit  <b>L:</b> Pesto Egg Salad Sandwich, Greek Salad, Fruit  <b>D:</b> Grilled Chicken Thigh w/ Pineapple Sauce & Coconut Rice, Assorted Vegetables, Seasonal Salad w/ Dressing	<b>B:</b> Muffin, Breakfast Smoothie, Fruit  <b>L:</b> Southwest Chicken Salad Sandwich, Green Bean Salad, Fruit  <b>D:</b> Caprese White Bean & Basil Rice, Seasonal Salad w/ Dressing	<b>B:</b> Bacon & Cheese Breakfast Sandwich, Fruit  <b>L:</b> Imitation Crab Salad Sandwich, Roasted Potato Salad, Fruit  <b>D:</b> BBQ Turkey Rice Bowl w/ Corn & Squash, Seasonal Salad w/ Dressing
16	17	18	19	20	21	22
<b>B:</b> Overnight Oats, Fruit  <b>L:</b> Creole Chicken Salad Sandwich, Charcuterie Pasta Salad, Fruit  <b>D:</b> Chicken, Spinach, & Artichoke Tortellini, Seasonal Salad w/ Dressing	<b>B:</b> Muffin, Yogurt, Fruit  <b>L:</b> Roast Beef Sandwich w/ Peppers & Onions, Rice Pilaf Salad, Fruit  <b>D:</b> Chicken Nuggets w/ Macaroni & Cheese, Collard Greens, Seasonal Salad w/ Dressing	<b>B:</b> Baked French Toast w/ Syrup, Bacon, Fruit  <b>L:</b> Crushed Chickpea Salad Sandwich, Kale Salad, Fruit  <b>D:</b> Orange Sesame Ginger Chicken & Soba Noodles, Assorted Vegetables, Seasonal Salad w/ Dressing	<b>B:</b> Veggie & Cheese Frittata, Fruit  <b>L:</b> Turkey, Apple Chutney, & Cheddar Sandwich, Three Bean Salad, Fruit  <b>D:</b> Grilled Chicken w/ Basmati Rice Pilaf, Moroccan Seasoned Beets, Seasonal Salad w/ Dressing	<b>B:</b> Sausage & Egg English Muffin, Fruit  <b>L:</b> Pulled Chicken Banh Mi, Edamame Quinoa Salad, Fruit  <b>D:</b> Beef Meatball, Vegetable, and Red Pepper Pesto Orzo, Seasonal Salad w/ Dressing	<b>B:</b> Bagels, Cream Cheese, Fruit  <b>L:</b> Garden Herb Chicken Sandwich, Lentil, Walnut, & Apple Chutney Salad, Fruit  <b>D:</b> Turkey Alfredo Pasta, Assorted Vegetables, Seasonal Salad w/ Dressing	<b>B:</b> Granola & Yogurt, Fruit  <b>L:</b> Tuna Salad Sandwich, Loaded Baked Potato Salad, Fruit  <b>D:</b> BBQ Pulled Pork, Braised Cabbage, Corn Muffin, Seasonal Salad w/ Dressing
23	24	25	26	27	28	29
<b>B:</b> Strawberry Ricotta Crepes, Fruit  <b>L:</b> Smoked White Fish Sandwich, Potato Salad w/ Pickles, Fruit  <b>D:</b> Chicken Fajita Rice and Veggie Bowl, Seasonal Salad w/ Dressing	<b>B:</b> Toast, Bacon, Applesauce  <b>L:</b> Chunky Bean Spread Sandwich, Broccoli Salad, Fruit  <b>D:</b> White Bean & Butternut Squash Macaroni & Cheese, Assorted Vegetables, Seasonal Salad w/ Dressing	<b>B:</b> Oat Banana Bar, Fruit  <b>L:</b> Mozzarella, Tomato, & Basil Caprese Sandwich, Mediterranean Salad, Fruit  <b>D:</b> Rosemary Chicken w/ Lemony Roasted Potatoes, Assorted Vegetables, Seasonal Salad w/ Dressing	<b>B:</b> Sausage & Veggie Hash, Fruit  <b>L:</b> Roast Beef & Cheddar Sandwich, Chipotle Potato Salad, Fruit  <b>D:</b> Chicken & Rice Noodle Bowl w/ Stir Fry Vegetables & Thai Basil Sauce, Seasonal Salad w/ Dressing	<b>B:</b> Peach Grain Bar, Cottage Cheese, Fruit  <b>L:</b> Herb Chicken Salad Sandwich, Lentil Salad, Fruit  <b>D:</b> Two Bean & Squash Chili w/ Brown Rice, Seasonal Salad w/ Dressing	<b>B:</b> Muffin, Breakfast Smoothie, Fruit  <b>L:</b> Pepperoni & Ham Italian Grinder, Italian Pasta Salad, Fruit  <b>D:</b> Turkey w/ Stuffing & Gravy, Green Beans, Seasonal Salad w/ Dressing	<b>B:</b> Chia Pudding w/ Bananas  <b>L:</b> Honey Baked Ham & American Cheese Sandwich, Fennel Apple Slaw, Fruit  <b>D:</b> Honey Mustard Glazed Chicken w/ Rice & Vegetables, Seasonal Salad w/ Dressing