



Covenant Senior Day Program

MENU

January 2011



Monday	Tuesday	Wednesday	Thursday	Friday
2 Creamy Mac & Cheese Green Beans Apricots <i>Covenant Cooks</i>	3 Pork Roast w/Gravy Corn w/Peppers Whipped Potatoes Whole Grain Roll Banana <i>Covenant Cooks</i>	4 Taco's Green Peppers & Fixings Mixed Fruit <i>Covenant Cooks</i>	5 Pancakes Sausage Fruit Compote <i>Covenant Cooks</i>	6 Cheeseburger Macaroni Sweet Tender Peas Carrots Whole Grain Roll Fruit Cocktail
9 Herbed Baked Chicken Red Skin Potatoes Spinach Buttermilk Biscuit Applesauce	10 Hotdogs w/Buns Potato Salad Jell-O w/Fruit <i>Covenant Cooks</i>	11 Country Fired Chicken Country Gravy Green Beans Mashed Potatoes Whole Grain Roll	12 Lasagna <small>GFS</small> Rolls Fruit Choice <i>Covenant Cooks</i>	13 Turkey Hams Scalloped Potatoes Mixed Vegetables <i>Covenant Cooks</i>
16 Grilled Cheese Soup Fruit Choice Cookie <i>Covenant Cooks</i>	17 Turkey Sage Loaf Onion Gravy Green Beans Mashed Potatoes Whole Wheat Roll	18 Goulash Oriental Coleslaw Applesauce <i>Covenant Cooks</i>	19 Sesame Chicken Steamed white rice Gingered Carrots Mixed Vegetables Whole Grain Roll	20 Sloppy Joes Roasted Potatoes Peas Pears <i>Covenant Cooks</i>
23 Beef Stroganoff Lemon Pep. Cauliflower Harvard Beets Pears Whole Grain Roll	24 Chicken Pot Pies Applesauce Biscuit <i>Covenant Cooks</i>	25 Meat Chili w/beans <i>Steamed Broccoli</i> Wax Beans & Peppers Crackers Corn Bread	26 Pork Roast Pasta Salad Fruit Cookie <i>Covenant Cooks</i>	27 Smoked Sausage Sauerkraut Peas Peaches <i>Covenant Cooks</i>
30 Wh. Bean Chicken Chili Carrots Sweet Peas Cornbread Peaches & cream	31 spaghetti Green Beans Garlic Bread Apricots <i>Covenant Cooks</i>			

Our menu is now available on our website at covenantsdp.org