



JANUARY



manila
on main street

Ending Hunger, Building Community, Transforming Lives

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Caribbean Flounder w/Dirty Rice Steamed Carrots Steamed Broccoli	Beef Stroganoff w/ Egg Noodles Mixed Vegetables Peach Crumble	Chicken Curry w/Apples & Raisins Orzo w/Peas Roasted Zucchini & Yellow Squash *Whole Fresh Fruit
6	7	8	9	10
Chicken Burger w/Roasted Peppers & Provolone Wild & Brown Rice Pilaf Steamed Broccoli *Whole Fresh Fruit	Pasta w/Meatballs Peas Poached Pear	Beef Stew Roasted Potatoes Peach Crumble	Pork Pozole (Mexican Stew) Rice Capri Vegetables *Whole Fresh Fruit	General Tso's Chicken Fried Rice Broccoli
13	14	15	16	17
Meatloaf w/Gravy Mashed Potatoes Mixed Vegetables *Pudding	Three Bean Chili w/Bulgur Wheat Confetti & Pea Vegetables Apple Crumble	Paprika Chicken Wild & Brown Rice Pilaf Peas & Carrots Poached Pear	Turkey w/Gravy Glazed Sweet Potatoes Green Beans	Sweet Italian Sausage Roasted Potatoes Steamed Peas
20	21	22	23	24
Roasted Chicken Thighs w/Sweet Potatoes Green Beans Blueberry Buckle	Cheese-Stuffed Shells w/Crushed Tomato Sauce Steamed Carrots Mixed Vegetables	Swedish Meatballs w/Egg Noodles Peas Poached Pear	Philly Roast Pork Sandwich Cauliflower Peach Crumble	Roasted Tilapia w/Lemon Rice Capri Vegetables Stewed Tomatoes *Pudding
27	28	29	30	31
Baked Mac & Cheese Roasted Peppers Steamed Green Beans *Whole Fresh Fruit	BBQ Pulled Pork Sandwich Cauliflower Sweet Potatoes	Caribbean Flounder w/Dirty Rice Steamed Carrots Steamed Broccoli	Beef Stroganoff w/ Egg Noodles Mixed Vegetables Peach Crumble	White Chicken Chili Brown Rice Roasted Zucchini & Stewed Tomatoes *Whole Fresh Fruit

* indicates side item is packed separately from meal tray

Frozen Meals