


## River Falls Nutrition Program January 2023 Menu

715-425-9932

Serving Monday – Friday

24 hours in advance for a meal

**\*\*Due to circumstances beyond our control, menu changes may occur from time to time\*\***

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>2</b>  CLOSED for New Year's Holiday	<b>3</b> Smothered Chicken Baked Potato California Blend Vegetables Biscuit Chef's Choice Fruit Dessert	<b>4</b> Pot Roast Mashed Potatoes w/ Gravy Peas & Carrots Dinner Roll Chef's Choice Fruit Dessert	<b>5</b> Cheeseburger Casserole Green Beans Biscuit Chef's Choice Fruit Dessert	<b>6</b> Crispy Fish Au Gratin Potatoes Broccoli Dinner Roll Chef's Choice Fruit Dessert
<b>9</b> Honey Chicken Fried Rice Stir Fry Vegetables Egg Roll Chef's Choice Fruit Dessert	<b>10</b> Spaghetti & Meat Sauce Squash Garlic Bread Chef's Choice Fruit Dessert	<b>11</b> Oven Roasted Turkey Mashed Potatoes w/ gravy Green Beans Dinner Roll Chef's Choice Fruit Dessert	<b>12</b> Beef Tips White Rice Peas Dinner Roll Chef's Choice Fruit Dessert	<b>13</b> Lemon Baked Cod Baked Potato California Blend Vegetables Dinner Roll Chef's Choice Fruit Dessert
<b>16</b>  CLOSED for Martin Luther King Day	<b>17</b> Chicken Cordon Bleu Au Gratin Potatoes Carrots Biscuit Chef's Choice Fruit Dessert	<b>18</b> Meat Loaf Mashed Potatoes w/ gravy California Blend Vegetables Dinner Roll Chef's Choice Fruit Dessert	<b>19</b> Pineapple Ham Sweet Potatoes Pease Dinner Roll Chef's Choice Fruit Dessert	<b>20</b> Salmon Baby Red Potato Asparagus Dinner Roll Chef's Choice Fruit Dessert
<b>23</b> Bone In Pork Chop Wild Rice Peas Biscuit Chef's Choice Fruit Dessert	<b>24</b> Saus. Spinach Quiche Belgium Waffle Bacon Tri Tater Chef's Choice Fruit Dessert	<b>25</b> Baked Chicken Mashed Potatoes w/ gravy Carrots Dinner Roll Chef's Choice Fruit Dessert	<b>26</b> Beef Stroganoff Noodles Green Beans Breadstick Chef's Choice Fruit Dessert	<b>27</b> Garlic Shrimp Baked Potato Broccoli Dinner Roll Chef's Choice Fruit Dessert
<b>30</b> Tater Tot Hotdish California Blend Veggies Breadstick Chef's Choice Fruit Dessert	<b>31</b> Lasagna Squash Garlic Bread Chef's Choice Fruit Dessert		Suggested Donation St. Croix County: Congregate Meals: <u>\$5.00 per meal</u> Home-Delivered Meals: <u>\$6.50 per meal</u>	Suggested Donation Pierce County: Congregate Meals: <u>\$5.00 per meal</u> Home-Delivered Meals: <u>\$8.50 per meal</u>

Please pay as much as you can afford, as we rely on donations from participants to keep the program going.