



# River Bend JANUARY 2022 Menu

| SUNDAY  | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY  |
|---|---|---|---|--|--|---|
|   |    |   |   |   |  | <p><b>1 (D) Corned Beef and Cabbage, Corn Bread, Black Eyed Peas?</b></p> <p><b>(S) Creamy Chicken Alfredo, Broccoli, Breadstick</b></p> <p style="text-align: center;"><b>HAPPY NEW YEAR!!</b></p> |
| <p><b>2 (D) Roasted Pork Loin, Scalloped Potatoes, Country Trio Vegetables</b></p> <p><b>(S) Chili, Half Grilled Cheese Sandwich</b></p>  | <p><b>3 (D) Braised Steak w/gravy or Baked Ham, Mashed Potatoes and Green Beans</b></p> <p><b>(S) All Meat Pizza, Tossed Salad</b></p>          | <p><b>4 (D) Beef &amp; Noodles or Swiss Steak, Tator Tots, and Corn</b></p> <p><b>(S) Tuna Melt, Sweet Potato Fries</b></p>                 | <p><b>5 (D) Lasagna w/Breadstick or Baked Chicken, Hashbrown Casserole, Peas</b></p> <p><b>(S) Homemade Vegetable Beef Soup, Half Deli Sandwich</b></p> | <p><b>6 (D) Roast Turkey or Pork Chop, Stuffing with gravy, Butternut Squash</b></p> <p><b>(S) BBQ Meatballs, Potato Bake,</b></p>   | <p><b>7 (D) Cola Glazed Ham or Baked Fish , French Onion Rice , Candied Carrots</b></p> <p><b>(S) Chicken and Vegetable Stew and Biscuit</b></p> | <p><b>8 (D) Baked Chicken Leg, Mashed Potato w/Gravy and Corn</b></p> <p><b>(S) Pulled Pork on a bun, Baked Beans, Chips</b></p>  |
| <p><b>9 (D) Beef Pot Roast, Roasted Baby Potatoes, Carrots</b></p> <p><b>(S) Ham Salad Sandwich, French Fries</b></p>                     | <p><b>10 (D) Autumn Chicken, or Pork Tenderloin, Cheesy Rice, Capri Vegetables,</b></p> <p><b>(S) Sloppy Joes, Baked Beans Potato chips</b></p> | <p><b>11 (D) Ham or Country Fried Steak, Mashed Potatoes, Gravy, Corn</b></p> <p><b>(S) Chicken Noodle Soup, Dinner Roll</b></p>            | <p><b>12 (D) Baked Pork Chop or Baked Chicken, Potato Bake, Parslied Carrots</b></p> <p><b>(S) Spaghetti and Breadstick</b></p>                         | <p><b>13 (D) Grilled Turkey, Bacon &amp; Swiss Sandwich or Chicken Tenders, Fried Potatoes, Country Trio Vegetables</b></p> <p><b>(S) Chicken Sandwich, Tator Tots</b></p> | <p><b>14 (D) Hushpuppy Fish or Hamburger Steak, Baked Potato, Roasted Garlic Peas</b></p> <p><b>(S) Ham and Bean Soup, Dinner Roll</b></p>       | <p><b>15 (D) Brown Sugar Meatloaf, Mac &amp; Cheese, Seasoned Vegetables</b></p> <p><b>(S) Chicken Pot Pie and Biscuit</b></p>  |
| <p><b>16 (D) Salisbury Steak with Gravy, Mashed Potatoes, Country Trio Vegetables</b></p> <p><b>(S) Cheeseburger, Fries</b></p>           | <p><b>17 (D) Garlic Roasted Pork or Baked Fish, Fried Potatoes, Carrots</b></p> <p><b>(S) Chicken Tenders, Sweet potato Fries</b></p>           | <p><b>18 (D) Apricot Chicken or Baked Ham, Party Potatoes, Capri Vegetables</b></p> <p><b>(S) Beef Barley Soup,, Half Deli Sandwich</b></p> | <p><b>19 (D) Pork Chop or Roast Beef, Mashed Potatoes w/gravy Corn</b></p> <p><b>(S) Hot Ham &amp; Cheese Sandwich, Potato Wedge</b></p>                | <p><b>20 (D) Turkey or Chicken and Swiss Sandwich, Mac &amp; Cheese, Green Beans</b></p> <p><b>(S) Chili and Cornbread</b></p>   | <p><b>21 (D) Shrimp Tenders or, Ham Steak, German Potato Salad, Mixed Vegetables</b></p> <p><b>(S) Beef Stew, Biscuit</b></p>                    | <p><b>22 (D) Ham, German Potato Salad, Green Beans</b></p> <p><b>(S) Sausage Pizza, Tossed Salad</b></p>  |
| <p><b>23 (D) Glazed Pork Loin, Cheddar Ranch Potatoes, Brussel Sprouts</b></p> <p><b>(S) Tuna Salad Sandwich, Tater Tots</b></p>          | <p><b>24 (D) Baked Fish or Italian Chicken Breast, Potato Bake, Green Beans</b></p> <p><b>(S) Goulash, Dinner Roll</b></p>                      | <p><b>25 (D) Roast Beef or Pork Chop, Mashed Potatoes, Gravy, Candied Carrots</b></p> <p><b>(S) Western Burger, French Fries</b></p>        | <p><b>26 (D) Meatloaf or Smoked Sausage, Mac &amp; Cheese, Fried Corn with Bacon</b></p> <p><b>(S) Cheesy Potato Soup Ham Sandwich</b></p>              | <p><b>27 (D) Taco Bake OR Glazed Ham, Sweet Potatoes, Green Beans</b></p> <p><b>(S) Tuna and Noodle Casserole, Dinner Roll</b></p>   | <p><b>28 (D) Creamed Turkey or Breaded Fish Filet, Mashed Potatoes, Vegetable Blend</b></p> <p><b>(S) Shepherd's Pie, Baked Bread</b></p>        | <p><b>29 (D) Ham, German Potato Salad, Green Beans</b></p> <p><b>(S) Sausage Pizza, Tossed Salad</b></p>  |
| <p><b>30 (D) Roasted Pork Loin, Scalloped Potatoes, Country Trio Vegetables</b></p> <p><b>(S) Chili, Half Grilled Cheese Sandwich</b></p> | <p><b>31 (D) Braised Steak w/gravy or Baked Ham, Mashed Potatoes, Green Beans</b></p> <p><b>(S) All Meat Pizza, Tossed Salad</b></p>            | <p style="font-size: 2em; color: blue;"><i>The Beginning to a Better Year!!</i></p>   |   |  |  |   |