







SALERNO'S CONGREGATE MENU FOR AGING CARE CONNECTIONS - January 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JANUARY 2 CLOSED 	JANUARY 3 CHEESEBURGER ON A BUN - 3 OZ WITH LETTUCE, TOMATO & ONION FRIES - 1/2 C FRUIT - 1/2 C MILK - 8 OZ.	JANUARY 4 RIGATONI WITH MEAT SAUCE - 1/2 C VEGGIES - 1/2 C BREAD 4 OZ. FRUIT - 1/2 C MILK - 8 OZ.	JANUARY 5 CHICKEN BREAST - 3 OZ MASHED POTATOES & GRAVY VEGGIE - 1/2 C FRUIT - 1/2 C MILK - 8 OZ. BREAD 4 OZ.	JANUARY 6 JULIAN SALAD W/HAM, TURKEY, CHEESE, TOMATOES - 2 OZ EA BREAD - 4 OZ. FRUIT - 1/2 C MILK - 8 OZ.
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JANUARY 9 CHILI WITH ONIONS, CHEESE & SOUR CREAM - 8 OZ BREAD - 4 OZ. FRUIT - 1/2 C MILK - 8 OZ.	JANUARY 10 SPAGHETTI-1/2C W/MEATBALLS -3 OZ VEGGIE 1/2 C FRUIT - 1/2 C MILK - 8 OZ. BREAD - 4 OZ.	JANUARY 11 SAUSAGE PIZZA WITH XTRA THIN CRUST - 3 OZ FRUIT - 1/2 C MILK - 8 OZ.	JANUARY 12 CHICKEN VESUVIO W/EX SAUCE 3 OZ VESUVIO POTATOES W/EX SAUCE 1/2C BREAD 4 OZ. FRUIT CUP - 1/2 C MILK - 8 OZ.	JANUARY 13 HOT ROAST BEEF-3OZ MASHED POTATOES AND GRAVY -1/2C VEGGIE - 1/2 C FRUIT - 1/2 C MILK - 8 OZ.
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JANUARY 16 SOUP OF THE DAY - 8 OZ BREAD - 4 OZ. FRUIT - 1/2 C MILK - 8 OZ.	JANUARY 17 BAKED MOSTACCIOLI WITH MEAT SAUCE - 1/2 C BREAD - 4 OZ. FRUIT - 1/2C MILK - 8 OZ.	JANUARY 18 TURKEY CLUB LETTUCE, TOMATO, BACON BREAD- 4 OZ. FRUIT - 1/2C MILK - 8 OZ.	JANUARY 19 LEMON CHICKEN - 3OZ RICE AND GRAVY -1/2C BREAD - 4 OZ. FRUIT - 1/2 C MILK - 8 OZ.	JANUARY 20 EGGPLANT PARMESAN - 3 OZ VEGGIE -1/2 C BREAD - 4 OZ. FRUIT - 1/2C MILK - 8 OZ.
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JANUARY 23 HOT BEEF SANDWICH - 3 OZ FRIES - 1/2 C FRUIT - 1/2 C MILK - 8 OZ.	JANUARY 24 VEGGIE PIZZA, GR PEPPER, ONION CHEESE, EXTRA THIN CRUST - 3 OZ FRUIT - 1/2C MILK -8 OZ	JANUARY 25 HOT TURKEY WITH 3 OZ POTATOES & GRAVY 1/2 C BREAD - 4 OZ. FRUIT - 1/2C MILK - 8 OZ.	JANUARY 26 STUFFED CHICKEN BREAST - 3OZ MAC & CHEESE 1/2 C BREAD - 4 OZ. FRUIT - 1/2C MILK - 8 OZ.	JANUARY 27 SAUSAGE SANDWICH W/ 3 OZ RED SAUCE FRUIT - 1/2 C MILK - 8 OZ.
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JANUARY 30 JULIAN SALAD W/HAM, TURKEY, CHEESE, TOMATOES- 2 OZ EA BREAD - 4 OZ. FRUIT - 1/2 C MILK - 8 OZ.	JANUARY 31 LASAGNA - 1/2 C VEGGIE - 1/2 C BREAD - 4 OZ. FRUIT - 1/2 C MILK - 8 OZ.			

SOUP OF THE DAY

TO RESERVE CALL 708-603-2269

BEFORE 4pm to order for next days meal.

All & any items maybe subject to change.