



DAILY FAMILY MEAL

JANUARY 2019



MEATLESS MONDAY	"TACO" TUESDAY	WACKY WEDNESDAY	"THIRSTY" THURSDAY	FREE LUNCH FRIDAY	F.M. SATURDAY	SAMMY SUNDAY
31 EGGPLANT PARM	1 X	2 BEEF AND POTATOES	3 MIAMI STEW	4 DUMPLING AND RICE	5 FETTUCINE ALFREDO	6 No
7 RIGATONI RATTATOUIE	8 QUESADILLA DE PUERCO	9 BBQ CHICKEN PLATE	10 POZOLE	11 FRIED CHICKEN POPPERS	12 PASTA	13 Longer
14 HOISON TOFU AND BROCCOLI	15 TAMALES	16 MEATLOAF	17 TOMATO	18 GOULASH	19 NOODS	20 OPEN
21 ISRAELI COUS COUS	22 TACOS	23 SWEET AND SOUR PORK	24 CHILI	25 THAI SURPRISE	26 SKETTI	27 NIGHTS
28 CHICKPEA CURRY	29 BURRITOS	30 WALNUT SHRIMP				