



NUTRITIONIZED MENU



www.deliciousdaycaremeals.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12/30 1/27 2/24 3/23	12/31 1/28 2/25 3/24	1/1 (Closed) 1/29 2/26 3/25	1/2 1/30 2/27 3/26	1/3 1/31 2/28 3/27
Cheesy Potato & Turkey Ham Casserole Peas & Carrots Apple WG Delicious-Made Dinner Roll*	Beef Tacos Shredded Lettuce Shredded Cheddar Cheese CV: Southwest Bean Salad HV: Green Beans Banana WG Soft Flour Tortilla*	New Chicken Meatloaf & Gravy Mashed Cauliflower Broccoli Honeydew WG Delicious-Made Bread*	Chicken Alfredo Herbed Potatoes Carrot Coins Orange WG Delicious-Made Bread*	Baked Mostaccioli CV: Tossed Salad ~Delicious-Made Italian Dressing New HV: Roasted Vegetable Hawaiian Fruit Salad WG Delicious-Made Bread*
1/6 2/3 3/2	1/7 2/4 3/3	1/8 2/5 3/4	1/9 2/6 3/5	1/10 2/7 3/6
Turkey & Gravy Steamed Rice Peas Orange WG Delicious-Made Dinner Roll*	New Chicken Meatball Alfredo Penne Pasta Green Beans Banana WG Delicious-Made Bread*	Chicken Teriyaki Rice CV: Creamy Cucumber Slices ~ Delicious-Made Ranch Dip HV: Broccoli Hawaiian Fruit Salad WG Delicious-Made Bread*	Beef Tacos Shredded Lettuce Shredded Cheddar Cheese Spanish Black Beans Apple WG Soft Flour Tortilla*	Macaroni & Cheese CV: Fresh Broccoli ~ Delicious-Made Ranch Dip HV: Carrot Coins Cantaloupe WG Delicious-Made Bread*
1/13 2/10 3/9	1/14 2/11 3/10	1/15 2/12 3/11	1/16 2/13 3/12	1/17 2/14 3/13
Swedish Meatballs Rotini Pasta Carrot Coins Cinnamon Applesauce WG Delicious-Made Dinner Roll*	BBQ Chicken Mashed Potatoes Coleslaw Banana WG Delicious-Made Bread*	Beef Chili** Rotini Pasta New Roasted Vegetable Pineapple WG Delicious-Made Corn Bread*	Chicken Tacos Shredded Lettuce Shredded Cheddar Cheese CV: Southwest Bean Salad HV: Peas & Carrots Orange WG Soft Flour Tortilla*	Cheese Ravioli in Marinara Sauce* CV: Tossed Salad ~ Delicious-Made Italian Dressing HV: Broccoli Honeydew WG Delicious-Made Bread*
1/20 2/17 3/16	1/21 2/18 3/17	1/22 2/19 3/18	1/23 2/20 3/19	1/24 2/21 3/20
Crispy Chicken Mashed Potatoes Broccoli Orange WG Delicious-Made Dinner Roll*	Beef Nachos Shredded Cheddar Cheese Sour Cream Refried Beans Spanish Brown Rice* Banana Corn Tortilla Chips	Macaroni & Cheese CV: Fresh Broccoli ~ Delicious-Made Ranch Dip HV: Carrot Coins Apple WG Delicious-Made Bread*	New Chicken Sloppy Joe Delicious-Made Baked Fries Green Beans Pear WG Delicious-Made Bun*	Meatball Marinara Spaghetti Pasta CV: Cucumber Slices ~ Delicious-Made Ranch Dip HV: Green Peas Applesauce WG Delicious-Made Bread*

Our Chicken & Beef are 100% Natural, no artificial ingredients, no artificial colors, no preservatives.
Menu provided by Quality Catering approved by our Licensed Dietitian. Menus are subject to change.
(*) Item is WHOLE GRAIN.

****ENTRÉES ARE DELICIOUS MADE (made from scratch)**

***What is Delicious Made** (de-li-cious made | di-'li-shəs mäd)?
Delicious Made means no sugar, no preservatives, no chemicals, no high-fructose corn sweetener, no trans fats.
Our Delicious Made, 100% Certified Organic meals are yummy, healthy, affordable and all-natural!