

JANUARY 2019 LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ALTERNATIVE OPTIONS ARE GRILLED CHICKEN SALAD OR VEGETABLE FRIED RICE	1 BAKED MANICOTTI SIDE SALAD GARLIC BREAD	2 CHICKEN SALAD WRAP CHIPS FRUIT	3 SALISBURY STEAK MASHED POTATOES VEGETABLES	4 ORANGE CHICKEN RICE PILAF PEAPODS
7 GRILLED CHEESE TOMATO SOUP COTTAGE CHEESE	8 CHIPPED BEEF BISCUITS VEGETABLES	9 SLOPPY JOES FRENCH FRIES COLESLAW	10 BEEF FAJITAS SPANISH RICE CORN	11 PIZZA SIDE CAESAR SALAD
14 SWEDISH MEATBALLS EGG NOODLES VEGETABLES	15 CHICKEN MARSALA LINGUINE VEGETABLES	16 REUBEN SANDWICH POTATO SOUP FRUIT	17 CREAM OF CHICKEN BREAD BOWL SALAD	18 PENNE PASTA CHICKEN MUSHROOM IN PESTO CREAM BREADSTICKS
21 CLUB SANDWICH FRENCH FRIES COLESLAW	22 STEAK QUESADILLA SPANISH RICE FRUIT	23 STUFFED PEPPERS LINGUINE VEGETABLES	24 CHICKEN MILANESE GARLIC RICE VEGETABLES	25 GRILLED HAM STEAK SWEET POTATO APPLESAUCE
28 GRILLED CHICKEN & SWISS POTATO SALAD FRUIT	29 SPAGHETTI CARBONARA VEGETABLES GARLIC BREAD	30 TUNA MELT CHIPS COTTAGE CHEESE	31 TURKEY TACOS BLACK BEANS VEGETABLES	The Gardens Retirement Community, 602 N. Segoe Rd., Madison, WI 53705 and Tennyson Senior Living Community, 1936 Tennyson Lane, Madison, WI 53704