

January Menu 2015

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK ONE				¹ CLOSED FOR NEW YEAR HOLIDAY	² Hearty Beef Stew with Potatoes, Carrots, and Onions Cornbread Oranges
WEEK TWO	⁵ Rotini Pasta with Turkey Meat Sauce Green Beans Varietal Apples	⁶ Orange Chicken with Rice Broccoli Berries & Yogurt	⁷ Turkey Casserole with Cabbage and Zucchini Whole Wheat Bread Applesauce	⁸ Hand-Rolled Bean, Rice, and Cheese Burrito on Whole Wheat Tortilla w/ Mild Salsa Corn Oranges	⁹ Beef Slider on Whole Wheat Roll w/ Lettuce, Tomato, and Ketchup Roasted Potatoes Mixed Berry Crumble
WEEK THREE	¹² Macaroni and Cheese with Butternut Squash Puree Peas and Carrots Varietal Apples	¹³ Veggie Fried Rice with Eggs, Carrots, Baby Bok Choy, Celery and Onions Banana	¹⁴ BBQ Chicken Whole Wheat Roll Corn Pear	¹⁵ Veggie Lasagna with Cheese, Tomato Sauce, White Beans, & Pureed Mushrooms Mixed Green Salad with Sweet Mustard Dressing Berries & Yogurt	¹⁶ Confetti Meatloaf Whole Wheat Roll Mashed Root Vegetables Cranberry Sauce with Mandarin Oranges
WEEK FOUR	¹⁹ CLOSED FOR MLK JR. HOLIDAY	²⁰ Chicken Alfredo with Cauliflower Puree Mixed Green Salad with Sweet Mustard Dressing Oranges	²¹ Turkey Sloppy Joe with Whole Wheat Bun Carrot Sticks Bananas	²² Cheese Quesadilla with Pureed Sweet Potatoes, Black Beans, and Mild Salsa on Flour Tortilla Cabbage & Carrot Coleslaw with Mayo & Yogurt Applesauce	²³ Green Spaghetti with Broccoli Pesto, White Beans, and Seasonal Greens Maple Roasted Parsnips Pear Crumble
WEEK FIVE	²⁶ Sweet & Sour Chicken with Baby Bok Choy, Onions, Celery and Carrots Rice Varietal Apples	²⁷ Sneaky Veggie Pizza on Pita Bread with Tomato Sauce, Chopped Greens, and Cheese Mixed Green Salad with Sweet Mustard Dressing Bananas	²⁸ Cuban Chicken Sandwich on Whole Wheat Bun Carrot Sticks Pears	²⁹ Macaroni and Cheese with Butternut Squash Puree Peas and Carrots Applesauce	³⁰ Hearty Beef Stew with Potatoes, Carrots, and Onions Cornbread Oranges

FareStart's Contract Kitchen is a nut-free facility. Our menu changes seasonally and focuses on fresh, seasonal produce (sourced locally as much as possible).



