



CAPITAL AAA

JANUARY 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>TRIO Community Meals</p> <p>Nourishment through compassionate care.</p>	<p>Each Meal is Served with 1/2 Pint of 2% Milk</p>	1	2	3
		CLOSED	<p>Frito Pie 1/2 slice Cheese California Vegetables Green Beans with Red Peppers Corn Chips Chocolate Chip Cookie</p>	<p>Baked Bone-in Chicken Brown Gravy Sour Cream & Chive Potatoes Black-eyed Peas Wheat Bread Fresh Fruit Margarine</p>
6	7	8	9	10
<p>Baked Meatballs Creole Sauce Fiesta Potatoes Lima Beans Hot Dog Bun Cherry Craisins</p>	<p>Ham & Cheese Lettuce/Tomato/Pickle Pickled Beets Wheat Bread (2) Fresh Fruit Mayonnaise Mustard</p>	<p>Ham & Black-eyed Peas Rice Cabbage Cornbread Fresh Fruit Apple Juice Margarine</p>	<p>Salisbury Patty Brown Gravy Whipped Potatoes Green Beans Wheat Bread Oatmeal Raisin Cookie Margarine</p>	<p>Smothered Chicken Breast Venetian Vegetables Glazed Carrots Wheat Bread Chocolate Cake Margarine</p>
13	14	15	16	17
<p>Chicken & Sausage Jambalaya Cabbage Carrots Wheat Bread Oatmeal Crème Cookie Margarine</p>	<p>Ham & White Beans Brown Rice Mustard Greens Cornbread Fig Bar Fresh Orange Margarine</p>	<p>Chicken/Sausage Gumbo with Rice Okra & Tomatoes Potato Salad Saltine Crackers Birthday Cake</p>	<p>Hamburger Lettuce/Tomato/Pickle Chuckwagon Corn Wheat Hamburger Bun Mixed Fruit Cobbler Ketchup Mustard Mayonnaise</p>	<p>Pork Roast Pepper/Onion Gravy Whipped Potatoes California Vegetables Wheat Bread Chocolate Chip Cookie Margarine</p>
20	21	22	23	24 Winter Special
CLOSED	<p>BBQ Riblet O'Brien Potatoes Coleslaw Wheat Hamburger Bun Fudge Round</p>	<p>Taco with Cheese Lettuce & Tomato Pinto Beans Flour Tortilla Fresh Fruit Taco Sauce</p>	<p>Ham & Lima Beans Brown Rice Mixed Greens Cornbread Fresh Fruit Apple Juice Margarine</p>	<p>Homestyle Meatloaf Brown Gravy Whipped Potatoes Green Beans Wheat Bread Star Crunch Margarine</p>
27	28	29	30	31
<p>Breakfast Sausage or Ham Cheese Grits Spiced Peaches/Apples Biscuit Oatmeal Crème Cookie Cranberry Juice Margarine/Jelly</p>	<p>Meat Sauce with Penne Pasta Tossed Salad/Dressing Italian Vegetables Wheat Bread Apple Cobbler Margarine</p>	<p>Sausage & Pinto Beans Brown Rice Collard Greens Cornbread Fresh Fruit Fruit Juice Blend Margarine</p>	<p>Sliced Ham Honey Glaze Whipped Potatoes Green Peas Wheat Bread Fruited Gelatin Margarine</p>	<p>BBQ Bone-in Chicken Country Corn Green Beans Wheat Bread Fresh Fruit Margarine</p>