



Monday, January 12

Navy Bean and Ham (GF/D) ↓
Thai Coconut Tomato (GF/DF/OF/VE) ♦

Tuesday, January 13

Albondigas (GF/DF) ♦
Black Bean (GF/DF/OF/VE) ↓

Wednesday, January 14

Beef Barley (DF) ↓
Creamy Sweet Potato and Apple (GF/DF/OF/VE)

Thursday, January 15

Bacon and Butternut Squash (D)
Golden Garlic and Cauliflower (GF/DF/OF/VE)

Friday, January 16

Manhattan Clam Chowder (GF/D) ♦↓
Curried Lentil and Apricot (GF/DF/OF/VE)

Saturday, January 17

Chicken and Wild Rice (D)
Roasted Tomato (GF/DF/OF/VE) ♦↓
