


All meals served at 12:00pm/ Montour site 11:45 am

Note: Menu subject to change.

For reservations call 535-7470

Silver Spoon Café Menu

Dates	Mon	Tue	Wed	Thu	Fri
1 THROUGH 5	1 New Years Day OFA Closed	2 Chicken w/ herb gravy Mashed potato casserole Mixed vegetables Pears Dinner roll/margarine Juice	3 Vegetable lasagna Tossed salad w/dressing Mandarin oranges Garlic bread Brownie	4 Roast pork Whipped potatoes Green bean-mushroom casse- role Rosy apple relish w/ dressing , gravy	5 Fish w/ lemon & dill Confetti rice Carrots Apple juice Corn muffin Jello
JAN 8 THROUGH JAN 12	8 Tuna noodle casserole Green beans Fresh orange Whole wheat bread Ice cream	9 Sloppy Joe Pea and beet salad Cauliflower Bananas & strawberries Bun Cake	10 Orange baked chicken Parsley potatoes Angie's salad Apple crisp Whole wheat roll Sour cream	11 Macaroni & cheese Beets Peaches Juice Vanilla yogurt	12 Cheeseburger Sweet potatoes Spinach Blueberries Whole wheat bun
JAN 15 THROUGH JAN 19	15 Martin Luther King Day OFA Closed	16 Roast beef w/ gravy Red skinned potatoes Winter squash Tropical fruit Whole wheat bread	17 Cider braised pork loin Pasta Creamy coleslaw Pineapple chunks Applesauce muffin Rice pudding w/ raisins	18 Spanish rice Broccoli Banana Whole wheat roll Cottage w/chives	19 Beef stew w/ Biscuit Kidney green bean salad Mixed berries
JAN 22 THROUGH JAN 26	22 Chicken cutlet w/ sa- vory sauce Baked potato Stewed tomatoes Fruit cup Whole wheat roll Sour cream	23 Meat/bean chili Cauliflower Fruit cocktail Corn muffin Grape Juice	24 Fish morney Rice Green beans Fruit fluff Apple muffin Orange Juice	25 Sliced turkey w/ gravy Mashed potatoes Peas Peaches Whole wheat roll Cranberry sauce	26 Stuffed pepper w/ sauce Winter squash Banana Whole wheat bread
JAN 29 THROUGH JAN 31	29 Pulled pork on bun Pasta salad Broccoli Sunshine salad Whole wheat roll	30 Swedish meatballs w/ pasta Italian green beans Grapes Whole wheat roll Orange juice	31 Turkey divan Rice Kidney bean salad Fruit salad Whole wheat bread		
FEB 1 THROUGH FEB 2				1 Meatloaf w/ gravy Sweet potatoes California blend Plum crisp Whole wheat roll	2 Chicken parmesan Rotini w/ sauce Spinach Tropical fruit Whole wheat roll
FEB 5 THROUGH FEB 9	5 Ham & bean casserole Brown rice Peas & pearl onions Mandarin oranges Whole wheat bread Orange juice	6 Pepper steak Rice pilaf Broccoli Melon cup Whole wheat bread 3 bean salad	7 Stuffed shells Spinach Banana Whole wheat roll Cake	8 Scalloped potatoes & ham Glazed carrots Pear salad Whole wheat roll	9 Beef tips & mushrooms Pasta Beets Peach & apple salad Wheat bread
FEB 12 THROUGH FEB 16	12 Cheese ravioli Brussels sprouts Tropical fruit Whole wheat bread Grape juice	13 Beef stroganoff Brown rice Zucchini & tomatoes Mandarin oranges Whole wheat roll Pudding	14 Pork with supreme sauce Pasta Vegetable medley Rosy applesauce Whole wheat roll Sour cream	15 Savory turkey & cheese quiche Sweet potatoes Italian mixed vegetables Pears Apple bran muffin	16 Hot roast beef sandwich Mashed potatoes w/gravy Cauliflower Mixed berries Wheat bread Ice cream
FEB 19 THROUGH FEB 23	19 Presidents Day OFA Closed	20 Chicken w/ herb gravy Mashed potato casserole Mixed vegetables Pears Dinner roll/margarine Juice	21 Vegetable lasagna Tossed salad w/dressing Mandarin oranges Garlic bread Brownie	22 Roast pork Whipped potatoes Green bean-mushroom casse- role Rosy apple relish Dressing with gravy	23 Fish w/ lemon & dill Confetti rice Carrots Apple juice Corn muffin Jello
FEB 26 THROUGH FEB 28	26 Tuna noodle casserole Green beans Fresh orange Whole wheat bread Ice cream	27 Sloppy Joe Pea and beet salad Cauliflower Bananas & strawberries Bun Cake	28 Orange baked chicken Parsley potatoes Angie's salad Apple crisp Whole wheat roll Sour cream	