



Living Oaks
ASSISTED LIVING APARTMENTS
A Community-Owned Iola Living Assistance Inc. Property

JANUARY 2018 MENU

*Menu Subject to Change

**Heart Healthy Alternatives: Baked Chicken Breast, Baked Potato, Cottage Cheese or Tossed Salad. (Please let Chef know in the morning)

*If you have guests, please inform the kitchen 24 hours ahead

Monday, January 1st

Lunch – New Year’s Day

Popcorn Shrimp, Chef’s Choice Potato, Mixed Vegetables &
Assorted Desserts
Salisbury Steak

Dinner

Turkey & Swiss Sandwich, Grilled Cheese & Muffin
Soup of the Day: Tomato

Tuesday, January 2nd

Lunch

Ravioli w/Meat Sauce, Garlic Bread, Romaine Salad w/Tomato,
Tropical Fruit & Poke Cake
Breaded Chicken Breast Sandwich w/Lettuce & Tomato

Dinner

Turkey Ala King over Biscuit, Mixed Vegetables & Assorted
Desserts
Roast Beef Sandwich w/Lettuce & Tomato
Soup of the Day: Chicken Dumpling

Wednesday, January 3rd

Lunch

Chicken Tenders w/BBQ or Ranch Sauce, Oven Roasted Potatoes,
Squash, Pears & Chef’s Choice Dessert
Cheeseburger on a Bun

Dinner

Beef Fajita Salad w/Black Olives, Tomatoes, Cheddar Cheese,
Tortilla Chips, Salsa & Sour Cream
Turkey & Swiss Sandwich
Soup of the Day: Creamy Broccoli

Thursday, January 4th

Lunch

Ring Bologna, Macaroni & Cheese, California Medley Veggies,
cold Pea Salad & Vanilla Pudding w/Oreos
Breaded Chicken Breast

Dinner

Rigatoni w/Marinara Sauce, Green Beans, Garlic Bread &
Assorted Desserts
Egg Salad Sandwich
Soup of the Day: Beef Noodle

Friday, January 5th

Lunch

Breaded Fish on a Bun, French Fries, Creamy Cucumbers &
Chocolate Cream Pie
Cheeseburger

Dinner

Chicken Alfredo Pizza! Lettuce Salad & Cheesecake Brownie
Roast Beef Sandwich w/Lettuce & Tomato
Soup of the Day: Turkey Noodle

Saturday, January 6th

Lunch

Pork Chops in Creamy Celery Sauce, Duchess Potatoes, Mixed
Vegetables, Mandarin Oranges & Chef's Choice Pie
Breaded Chicken Breast

Dinner

Chef Salad w/Turkey, Ham, Eggs, Cheese, Tomatoes &
Cucumbers, Roll & Assorted Desserts
Liverwurst & Onions on Rye
Soup of the Day: Vegetable Beef

Sunday, January 7th

Lunch

Beef Tips over Noodles, Broccoli/Cauliflower, Fresh Fruit,
Broccoli Salad & Melissa's Special Dessert
Penne Pasta Bake

Dinner

Grilled Cheese, Egg Salad Sandwich & Muffin
Soup of the Day: Tomato

Monday, January 8th

Lunch

Stuffed Green Peppers, Garlic Mashed Potatoes, Steamed Carrots,
Mandarin Oranges & Baked Carmel Apples
Breaded Chicken Breast w/Gravy

Dinner

Breakfast Muffins, Hash Browns & Fresh Fruit
Turkey Sandwich w/Lettuce & Tomato
Soup of the Day: Bean & Bacon

Tuesday, January 9th

Lunch

Roast Pork w/Gravy, Mashed Potatoes, Creamed Cabbage, Diced
Peaches & Pumpkin Bars
Cheeseburger on a Bun

Dinner

Hot Dogs w/Onions & Relish, Onion Rings, Mixed Vegetables &
Assorted Desserts
Tuna Salad Sandwich
Soup of the Day: Chicken Tortilla

Wednesday, January 10th

Lunch

Baked Chicken, Duchess Potatoes, Peas, Diced Pears & Chef's
Choice Pie
Bologna Sandwich

Dinner

Polynesian Beef over Rice, Sugar Snap Peas & Assorted Desserts
Ham Sandwich w/Lettuce & Tomato
Soup of the Day: California Medley

Thursday, January 11th

Lunch

Crab Salad on a Croissant w/Tomato & Romaine Lettuce, Pasta
Salad & Cranberry Orange Muffin
Salisbury Steak, Mashed Potatoes & Mixed Vegetables

Dinner

Italian Beef, French Fries, Mixed Vegetables & Assorted Desserts
Bologna Salad Sandwich
Soup of the Day: Split Pea

Friday, January 12th

Lunch

Haddock w/Butter Sauce, Seasoned Rice, Corn, Coleslaw &
Chef's Choice Torte
Polish Sausage

Dinner

Pepperoni Chicken Casserole, Green Beans, Garlic Bread &
Assorted Desserts
Egg Salad Sandwich
Soup of the Day: Chicken Dumpling

Saturday, January 13th

Lunch

Turkey Tetrazzini, Cauliflower, Roll, Tropical Fruit & Chef's
Choice Pie
Salami Sandwich

Dinner

Breakfast Casserole & Fresh Fruit
Tuna Salad Sandwich
Soup of the Day: Turkey White Bean

Sunday, January 14th

Lunch

Steak w/Onions & Mushrooms, Twice Baked Potato, Chef's
Vegetables, Fresh Fruit, Chef's Choice Appetizer & Better Than
Your Mother's Cake
Chop Suey Casserole

Dinner

Grilled Cheese, Bologna Salad Sandwich & Muffin
Soup of the Day: Tomato

Monday, January 15th

Lunch

Scalloped Chicken w/Noodles, Broccoli & Cauliflower, Fruit
Cocktail & Cream Puffs
Ring Bologna w/Buttered Noodles

Dinner

Pizza! Lettuce Salad & Smores Cheesecake
Turkey & Swiss Sandwich
Soup of the Day: Creamy Potato

Tuesday, January 16th

Lunch

Sloppy Joe on a Bun, Baked Beans, Tator Tots, Applesauce & Chocolate Chip Cookie Bars
Polish Sausage

Dinner

Nachos w/Taco Meat, Lettuce, Tomato, Black Olives, Cheese Sauce w/Sour Cream & Salsa & Assorted Desserts
Ham & Cheese Sandwich
Soup of the Day: Italian Chicken

Wednesday, January 17th

Lunch

Broasted Chicken, Mashed Potatoes & Gravy, Green Bean Casserole, Roll, Diced Pears & Baked Cinnamon Apples
Bologna Sandwich

Dinner

Biscuits & Gravy & Assorted Desserts
BLT Sandwiches
Soup of the Day: Ham & Bean

Thursday, January 18th

Lunch

Party Meatballs, Mashed Sweet Potatoes, Mixed Veggies, Diced Peaches & Strawberry Shortcake
Salami Sandwich

Dinner

Macaroni & Cheese w/Bacon & Peas, Garlic Bread & Assorted Desserts
Roast Beef Sandwich w/Lettuce & Tomato
Soup of the Day: Chicken Wild Rice

Friday, January 19th

Lunch

Popcorn Shrimp, Baked Potato w/Sour Cream, Three Bean Salad
& Lemon Meringue Pie
Chicken Cordon Blue

Dinner

Patty Melt, French Fries, Mixed Vegetables & Rootbeer Floats
Turkey Sandwich w/Lettuce & Tomato
Soup of the Day: Creamy Broccoli

Saturday, January 20th

Lunch

Coconut Chicken w/Orange Ginger Sauce, Rice Pilaf, Chef's
Choice Veggie, Apricots & Chef's Choice Pie
Hamburger Patty w/Caramelized Onions

Dinner

Egg, Sausage & Cheese Croissant, Cheesy Hash Browns & Fresh
Fruit
Turkey Salad Sandwich on a Croissant
Soup of the Day: Beef Barley

Sunday, January 21st

Lunch

Beef Tips over Noodles, Chef's Vegetables, Roll, Fresh Fruit,
Lily's Appetizer Pizza & Ice Cream Cake
Spaghetti & Meatballs

Dinner

Grilled Cheese or Egg Salad Sandwich & Muffin
Soup of the Day: Tomato

Monday, January 22nd

Lunch

Chili Cheese Wrap, Refried Beans, Corn, Pea Salad & Fruited Jello

Breaded Chicken Sandwich w/Lettuce & Tomato

Dinner

Cashew Chicken, Egg Roll & Assorted Desserts

Salami & Cheese Sandwich

Soup of the Day: Turkey Noodle

Tuesday, January 23rd

Lunch

Chicken Cordon Bleu, AuGratin Potatoes, Peas & Carrots, Roll, Diced Pears & Rice Pudding

Ring Bologna

Dinner

Cheese Quesadillas w/Salsa & Sour Cream & Assorted Desserts

Grilled Turkey & Swiss Sandwich

Soup of the Day: Split Pea

Wednesday, January 24th

Lunch

BBQ Ribs, Roasted Potatoes, Cheesy Broccoli, Pineapple Chunks & Cheesecake

Bologna Sandwich

Dinner

Sesame Chicken Salad, Roll & Rice Krispy Treats

Grilled Cheese & Bacon Sandwich

Soup of the Day: Creamy Potato

Thursday, January 25th

Lunch

Turkey Ala King, Mashed Potatoes, Mediterranean Blend Veggies,
Cranberry Sauce & Ice Cream
Polish Sausage

Dinner

Beef Enchiladas, Spanish Rice, Buttered Corn & Assorted Desserts
Turkey Salad Sandwich
Soup of the Day: Chicken Rice

Friday, January 26th

Lunch

Salmon Patties, Oven Roasted Potatoes, Creamy Pea Salad, Rye
Bread, Fruit Cocktail & Pumpkin Mousse
Cheeseburger on a Bun

Dinner

Cobb Salad w/Bacon, Cheese, Cucumbers, Tomatoes, Onions
w/Roll & Pineapple Angel Food Cake
Breaded Chicken Breast Sandwich w/Lettuce & Tomato
Soup of the Day: California Medley

Saturday, January 27th

Lunch

Meatloaf, Duchess Potatoes, Asparagus, Mandarin Oranges &
Chef's Choice Pie
Salami Sandwich

Dinner

Fettucine Alfredo w/Shrimp, Mixed Vegetables, Garlic Bread &
Chef's Choice Dessert
Roast Beef Sandwich w/Lettuce & Tomato
Soup of the Day: Turkey Noodle

Sunday, January 28th

Lunch

Corned Beef, Steamed Cabbage, Parsley Boiled Potatoes, Fresh Fruit, Broccoli Salad & Brownie w/Ice Cream
Pork & Gravy

Dinner

Grilled Cheese Sandwich, Turkey & Swiss Sandwich & Muffin
Soup of the Day: Tomato

Monday, January 29th

Lunch

Brat on a Bun, Baked Beans, Potato Salad, Applesauce &
Butterscotch Pudding
Cheeseburger

Dinner

Bowl of Chili, Corn Bread & Assorted Desserts
Grilled Ham & Cheese Sandwich
Soup of the Day: Chili

Tuesday, January 30th

Lunch

Tator Tot Casserole, Green Beans, Apricots & Chef's Choice Cake
Bologna & Cheese Sandwich

Dinner

Corn Dogs, Onion Rings, Mixed Vegetables & Assorted Desserts
Grilled Turkey & Swiss
Soup of the Day: Beef Noodle

Wednesday, January 31st

Lunch

Liver & Onions, Parsley Boiled Potatoes, Stewed Tomatoes, Roll,
Tropical Fruit & Fruit Fluff
Cheeseburger

Dinner

Spaghetti & Meatballs, Wax Beans, Garlic Bread & Assorted
Desserts
Tuna Salad Sandwich
Soup of the Day: Chicken Wild Rice