


January 2023 *Eat Well Café Menu*

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>New Year (observed)</p> <p>Café Closed</p>	<p>3</p> <p>Fish & Chips - Chicken Fried Chicken</p>	<p>4</p> <p>Beef Stroganoff - Cajun Fish</p>	<p>5</p> <p>Rosemary Pork Loin - Meatloaf</p>	<p>6</p> <p>Bourbon BBQ Chicken - Pasta Primavera</p>
<p>9</p> <p>Vegetable Ragu - Spaghetti with Meatballs</p>	<p>10</p> <p>Chicken Enchiladas - Pork Marsala</p>	<p>11</p> <p>Blackened Swai - Vegetarian Moroccan Tagine</p>	<p>12</p> <p>Veg. Stuffed Bell Peppers - Turkey a la King</p>	<p>13</p> <p>Beef Stir Fry - Lemon Pepper Tilapia</p>
<p>16</p> <p>Martin Luther King Day</p> <p>Café Closed</p>	<p>17</p> <p>Salisbury Steak - Lightly Topped Fish</p>	<p>18</p> <p>Pasta Bolognese - Pesto Chicken</p>	<p>19</p> <p>Chicken Fried Chicken - Apple Roasted Pork</p>	<p>20</p> <p>Honey Dill Salmon - Lentil Stew</p>
<p>23</p> <p>Carne Asada - White Bean Chicken Chili</p>	<p>24</p> <p>Honey BBQ Pork Ribs - Beef Stroganoff</p>	<p>25</p> <p>Tortilla Encrusted Tilapia - Vegetarian Farro Skillet</p>	<p>26</p> <p>Eggplant Parmesan - Lemon Tarragon Fish</p>	<p>27</p> <p>Chicken Pad Thai - Pork Curry</p>
<p>30</p> <p>Pork Chops - Fish & Chips</p>	<p>31</p> <p>Vegetarian Lasagna - Roasted Chicken</p>		<p><i>Enjoy our new menu at Eat Well Café Open 11–1:00 Weekdays Sara Steinman, Café Manager John Bleil—Chef</i></p>	