Diagram

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Week of January 30, 2023

Menu

This week I am providing you with a taste of my life.

**Beef Stew, My Dad’s Way**

USDA Prime Roast Beef stewed savory with peppers, onions, garlic, and tomatoes seasoned with various Mexican herbs served with legumes and rice.

**Mom’s Oklahoma Style Fried Chicken and Creamy Gravy**

Range Free Chicken Legs fried to crispy brown is served with a rich gravy to cover a buttermilk biscuit, and green vegetables.

**Classic Meatloaf**

Freshly ground beef and a sweet and tangy glaze topping is served with roasted garlic mashed potatoes, and roasted carrots and green beans.

**Surprise Food Item**

It’s a surprise!