

January 2017 Cross Check Specials

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7 Bears v Utica Chicken or Beef Stir fry, Fried Rice
8 Bears v WBS Pan seared Salmon, wild rice, green beans	9	10	11	12	13	14 Bears v Lehigh Valley Chicken Marsala, buttered noodles, vegetables
15 Bears v Binghamton Country pepper steak, garlic mashed potatoes, glazed carrots	16	17	18 Bears v WBS Herb roasted pork loin, parsley potatoes, Brussel sprouts with bacon and brown butter	19	20	21
22 Bears v Lehigh Valley Grilled ham steak, scalloped potatoes, mixed vegetables	23	24	25	26	27	28
29	30	31	*Menu Subject to Change*			

