


DECEMBER 2023 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>SERVING SIZES Grains – 2 ounces Vegetables – ½ cup Fruits – ½ cup Protein – 3 ounces Dairy – 1 cup</p>	<p>\$3.00 Suggested Donation Please call our Dining room 24 hours in advance</p>	<p><u>All menu items may contain</u> nuts, seeds, beans, wheat bran, and other allergens</p>		<p>1 Split Pea soup Potato crusted fish Mixed vegetables Spanish rice / Roll Pineapple chunks</p> <p>Roast beef w/ roll</p>
<p>4 Roasted cauliflower soup Meatball sandwich Roasted Yellow squash Mediterranean rice salad Sliced cake Roll</p> <p>Egg salad on wheat</p>	<p>5 Fresh fruit cup Texas style chili Tossed salad White rice Corn muffin Oatmeal cookie</p> <p>Seafood salad sandwich</p>	<p>6 Tom. navy bean soup French onion baked chicken /Sweet potato Broccoli florets Oatmeal raisin cookie Roll</p> <p>Turkey & Swiss cheese</p>	<p>7 Minestrone soup Salisbury steak w/ gravy Mashed potato Baby carrots Ww Roll Sliced peaches</p> <p>Chicken salad plate</p>	<p>8 Corn chowder Beef w/ broccoli & mushrooms Roasted potato Green beans Roll / Cookies</p> <p>Chicken Waldorf salad</p>
<p>11 Tomato soup Sausage & pepper sandwich / Green beans salad Chips Whole Wheat roll Sliced pears</p> <p>Turkey & Swiss</p>	<p>12 Mushroom barley soup Sauteed beef w/ mushroom gvy Mashed potatoes Zucchini w/ tomatoes Ww Roll / Cake</p> <p>Corned beef on rye</p>	<p>13 Escarole bean & sausage soup Veal patty parmesan Wax & green beans Spanish rice Ww Roll / Fruit</p> <p>Chicken Waldorf salad plate</p>	<p>14 Cream of broccoli soup Maple glazed pork tenderloin Rice pilaf Roasted vegetables Roll / Apple slices</p> <p>Tuna salad plate</p>	<p>15 Chicken soup Sloppy joe Cole slaw Pasta salad Ww roll Cake</p> <p>Roast beef sandwich</p>
<p>18 Vegetable soup Swedish meatballs Mashed potatoes Baby carrots Fruit</p> <p>Seafood salad sandwich</p>	<p>19 Tomato soup Roasted chicken thighs Sweet potatoes Peas / Cookie Ww Roll</p> <p>Chicken Sandwich</p>	<p>20 Vegetable lentil soup Baked manicotti Roasted potato Mixed vegetables Ww roll – Fruit</p> <p>Chicken salad on rye</p>	<p>21 Italian wedding soup Holiday ham w/ gravy Green bean casserole Mashed potatoes Roll – cup cakes</p> <p>Ham & cheese sandwich</p>	<p>22</p> <p style="text-align: center;">CENTER CLOSED FOR HOLIDAY</p>
<p>25</p> <p style="text-align: center;">CENTER CLOSED FOR HOLIDAY</p>	<p>26 Chicken soup Pub burger w/ cheese Cole slaw Potato wedges Ww roll Jello</p> <p>Tuna salad plate</p>	<p>27 Potato & leek soup Chicken teriyaki Vegetable fried rice Stir fry vegetables Fruit</p> <p>Tossed salad w/ chicken</p>	<p>28 Minestrone soup Meatloaf w/ mashed potatoes Corn / Roll Cake</p> <p>Chef Salad</p>	<p>29 Fresh fruit Cheese omelet Home fries Sliced ham Baked beans Apple muffin</p>