

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Suggested Donation \$1.25 per meal</p> <p>Each meal is served with skim milk and your choice of coffee or hot tea.</p>	<p><i>Meals provide 1/3 recommended Dietary Reference Intakes (DRIs) for older adults. The weekly average nutrient content of each meal is: 10% or less Saturated Fat (<8g), 50-55% Carbohydrate, 15-20% Protein (>35 g), 1000 mg or less Sodium. Salt is not added to any recipe.</i></p> <p>Menu subject to change without notice</p>		<p>1 Soup Chicken Salad on Lettuce Leaf Warm German Potato Salad Pickled Beets & Onions Rye Bread Warm Sliced Apples & Cinnamon</p>	<p>2 Soup Baked Flounder with Lemon Sauce Brown Rice Broccoli Spears Whole Wheat Bread Fresh Orange (cut in wedges)</p>
<p>5 Orange Juice BBQ Pulled Pork Sandwich Potato Salad Cole Slaw Whole Wheat Hamburger Bun Fresh Apple</p>	<p>6 Soup Crabby Cake Tartar Sauce Macaroni & Cheese Stewed Tomatoes & Zucchini Rye Bread Fresh Pear</p>	<p>7 Apple Juice Lasagna Rollette 8oz. Baby Spinach Salad with Red Onion & Mushrooms 1-C Italian Bread Extra Sauce & Creamy Italian Dressing Sliced Peaches</p>	<p>8 Grape Juice Swedish Meatballs with Gravy Buttered Egg Noodles Roasted Butternut Squash Rye Bread Oatmeal Cookie</p>	<p>9 Minestrone Soup Broccoli Stuffed Chicken Breast Scalloped Potatoes Green Beans with Red Peppers Dinner Roll Ice Cream Sunday Cup (small)</p>
<p>12 Soup Hot Open Turkey Sandwich with gravy Mashed Potatoes Broccoli Spears Whole Wheat Bread Pear Halves</p>	<p>13 Fruit Punch Baked Ziti with Meat Sauce and Ricotta Cheese Chopped Lettuce with Shredded Carrots, & Cucumbers 1-C Whole Wheat Bread Fresh Plum Extra Sauce & Red Wine Vinegar Dressing</p>	<p>14 Soup Turkey Meatloaf & Gravy Herb Roasted Red Potatoes Baby Carrots Rye Bread Fresh Banana</p>	<p>15 Soup Rosemary Roasted Chicken Leg Quarter Whipped Fresh Yams Yellow Wax Beans Pumpnickel Bread Fresh Orange</p>	<p>16 Apple Juice Seafood Salad on Lettuce Leaf Sweet & Sour Cucumber Salad Grape Tomato & Red Onions with Vinaigrette Spitz Roll Caramelized Pineapple Slices</p>
<p>19 Apple Juice Oven Baked Crispy Breaded Chicken Tenders with Honey Mustard Dipping Sauce Spanish Rice Roasted Baby Carrots Whole Wheat Bread Fruit Cocktail</p>	<p>20 Soup Almond Crusted Fish Whipped Yams Chopped Mixed Greens Salad Rye Bread Thousand Island Dressing Fresh Orange</p>	<p>21 Fruit Punch Pot Roast with Gravy Roasted Whole White Potatoes Cut Green Beans Dinner Roll Fresh Pear</p>	<p>22 Soup Chicken Cutlet Parmesan Roasted Seasoned Cauliflower Baby Spinach Salad with Red Onions Parmesan cheese Extra Sauce & Ranch Dressing Italian Bread Fresh Apple</p>	<p>23 Soup Stuffed Pepper Quinoa & Barley Peas & Carrots Pumpnickel Bread Yogurt Cup</p>
<p>26 Closed Christmas & Hanukah Celebrations</p>	<p>27 Grape Juice African-Creole Beef Stew Black-Eyed Peas & White Rice Sautéed Greens Cornbread Peach Cobbler Kwanzaa Celebration</p>	<p>28 Soup Roasted Chicken Leg Qtr with Cranberry Sauce Fresh Baked Sweet Potato Mixed Vegetables Dinner Roll Fresh Orange</p>	<p>29 Soup Sweet Italian Sausage with Penne Marinara Romaine Lettuce with Assorted Fresh Vegetables Soft Garlicy Breadsticks Extra Sauce, Parmesan cheese, & Italian Dressing Fresh Plum</p>	<p>30 Orange Juice Pancake syrup Scrambled Eggs Breakfast Sausage -2 Home Fries Buttermilk Pancakes – 1 Fresh Cut Fruit Holiday Brunch</p>

