

December 2018

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Pizza Casserole (1)	Liver and Onions (1)	Roast Beef Sandwich (1.5)	Chicken Tetrazzini (2.5)	Boneless Pork Chop
Cauliflower Cuts	Mashed Potatoes (1)	Potato Salad (1)	Broccoli	Fried Potato w/ Onion(1)
Lettuce Salad	Lima Beans	Corn & Kidney Bean Salad (1)	Melon (1)	Brussels Sprouts(.5)
Mixed Berries (1)	Applesauce in Gelatin (1.5)	Orange (1)	Angel Food Cake w/	Peaches(1)
Breadstick (1)	Chocolate Cake (2)	Peanut Butter Cookie (1)	Strawberries (1)	Cottage Cheese (1)
10	11	12	13	14
Potato Bacon Soup (1.5)	Baked Fish	Chicken Pot Pie (1)	Lasagna	Oven Fried Chicken (0.5)
Half Egg Salad Sandwich (1)	Whip Potatoes & Gravy (1.5)	Cauliflower	Lettuce Salad	Potato Wedges (1)
Spinach Salad (.5)	Carrots	Melon Cup (1)	Mandarin Oranges (1)	Green Beans
 Crackers (1)	Mixed Fruit (1)	Oatmeal Raisin Cookie (1)	Garlic Bread Stick 1	Pears (1)
Applesauce	Ice Cream (1)		Seven Layer Bar (2)	Blueberry Whipped Dessert(1)
17	18	19	20	21
Scalloped Potatoes w/	Taco Stew (1)	Tator Tot Casserole (2)	Baked Ham	Steak in Brown Gravy (0.5)
Turkey Ham (1.5)	Peas	Corn (1)	Cheesy Texas Potatoes(1.5)	Mashed Potatoes w/Gravy(1.5)
Peas and Onions	Crackers (1)	Cantaloupe (1)	Green Beans	Seasoned Asparagus
Peaches (1)	Strawberry Whip Dessert (1)	Banana Crumb Dessert (2)	 Cinnamon Applesauce	Pineapple (1))
Vanilla Fruit Salad (1.5)	Mixed Fruit (1)		 Cherry Crisp (2)	Carrot Cake (2)
24	25	26	27	28
Hamburger on Bun (1.5)	Christmas	Paprika Fish	Chicken Enchilada (1)	Chef's Choice
Lettuce & Tomato		AuGratin Potatoes (1)	Fiesta Corn (1)	Hashbrown Square (1)
Potato Wedges		Broccoli Cuts	Mexican Rice (1)	Carrot Slices
Coleslaw		Banana (2)	Creamy Fruit Salad (1)	Strawberries (1)
Apple (1)		Sugar Cookie (1)	Oatmeal Cookie (1)	Fruited Muffin (1)
31				
Lemon Fish				
Garden Pilaf (1)				
Capri Vegetables				
Autumn Salad (2)				
Vanilla Pudding (1)				
Wheat Bun				
			Menu Subject to Change	

**Milk offered with all meals. All meals meet 1/3 of the Recommended Dietary Allowances (RDA) for older adults. The number in parentheses denotes the carbohydrate count for those with diabetes. Cook's Choice days are not labeled with carbohydrate count.

