**December 2023** Reservations require 48 hr notice. Call 423-2658 to reserve a meal.

**SERVING SIZES**

**Grains – 2 ounces**

**Vegetables – ½ cup**

**Fruits – ½ cup**

**Protein – 3 ounces**

**Dairy – 1 cup**

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
|  |  |  |  | **1****Split Pea soup****Potato crusted fish****Mixed vegetables****Spanish rice****Roll****Pineapple chunks****Roast beef w/ roll** |
| **4****Roasted cauliflower soup****Meatball sandwich****Roasted Yellow squash****Mediterranean rice salad****Sliced cake****Roll****Egg salad on wheat** | **5****Fresh fruit cup****Texas style chili****Tossed salad** **White rice****Corn muffin****Oatmeal cookie****Seafood salad sandwich** | **6** **Tomato navy bean soup****French onion baked chicken****Sweet potato** **Broccoli florets****Oatmeal raisin cookie** **Roll** **Turkey & Swiss cheese** | **7****Minestrone soup****Salisbury steak w/ gravy****Mashed potato****Baby carrots****Ww Roll****Sliced peaches**  **Chicken salad plate**  | **8****Corn chowder****Beef w/ broccoli & mushrooms****Roasted potato** **Green beans****Roll****Cookies****Chicken Waldorf salad** |
| **11****Tomato soup****Sausage & pepper sandwich****Green beans salad****Chips****Whole Wheat roll** **Sliced pears****Turkey & Swiss** | **12****Mushroom barley soup** **Sauteed beef w/ mushroom gvy****Mashed potatoes** **Zucchini w/ tomatoes****Ww Roll****Cake****Corned beef on rye** | **13****Escarole bean & sausage soup****Veal patty parmesan****Wax & green beans****Spanish rice****Ww Roll****Fruit** **Chicken Waldorf salad plate** | **14****Cream of broccoli soup** **Maple glazed pork tenderloin****Rice pilaf****Roasted vegetables****Roll****Apple slices** **Tuna salad plate**  | **15****Chicken soup****Sloppy joe****Cole slaw****Pasta salad****Ww roll**  **Cake**  **Roast beef sandwich** |
| **18** **Vegetable soup****Swedish meatballs****Mashed potatoes****Baby carrots** **Fruit** **Seafood salad sandwich**  | **19****Tomato soup****Roasted chicken thighs****Sweet potatoes****Peas / Cookie****Ww Roll****Chicken Sandwich** | **20****Vegetable lentil soup****Baked manicotti****Roasted potato****Mixed vegetables****Ww roll – Fruit****Chicken salad on rye** | **21** **Italian wedding soup****Holiday ham w/ gravy****Green bean casserole** **Mashed potatoes****Roll – cup cakes****Ham & cheese sandwich** | **22****Fruit cup****Scrambled eggs****Bacon & Sausage** **Home fries** **Blueberry muffin**  |
| **25****CLOSED FOR CHRISTMAS****DAY!** | **26****Chicken soup** **Pub burger w/ cheese****Cole slaw****Potato wedges****Ww roll****Jello****Tuna salad plate** |  **22 28** **Potato & leek soup Minestrone soup****Chicken teriyaki Meatlo af w/ gravy****Vegetable fried rice Mashed potatoes****Stir fry vegetables Corn - roll****Fruit Cake****Tossed salad w/ chicken Chef salad**  | **29** **Fresh fruit** **Cheese omelet** **Home fries** **Sliced ham****Baked beans****Apple muffin** |