**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** |