

SENIOR LUNCH MENU

December 2022



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Apricot Dijon Chicken, Rice Pilaf, Summer Squash Sauté, Pineapple Chunks	2 Baked Fish Filet, Lemon Wedge, Spring Blend Vegetables, Coleslaw, Lemon Pudding
5 Citrus Turkey Breast, Mashed Potatoes, Seasoned Green Beans, Oat-	6 Herbed Baked Chicken, Seasoned Rice, Seasoned Fresh Broccoli,	7 Beef & Bean Chili, Sliced Onion and Lettuce Leaf, Cornbread muffin,	8 Mustard Dill Baked Fish, Baked Sweet Potato, Sugar Snap Peas, Poke	9 Oven Fried Chicken, Pasta Salad, Steamed Spinach, Pineap-
12 Roasted Pork, Sweet Potatoes Wedges, Brussel Sprouts, Peach Cobbler,	13 Hearty Spinach Pasta Bake, Vegetable chef choice, Carrots, Bread Bananas	14 Tomato Swiss Steak, Garden Rice, Chilled Roasted Beets, Melon Wedge, Bread	15 Chicken, Rockefeller, Parslied Butter Noodles, Oriental Blend Vegetables, Lemon Pud-	16 Sliced Turkey, Cranberry Sauce, Roasted Sweet Potatoes, Steamed Mixed
19 Pepper Steak, Rice w/mushroom, Parslied Carrots, Banana strawberry cup	20 Garlic Marinated Pork Chop, Baked Potato, Buttered Corn, Melon Wedge	21 Lemon Baked Chicken, Broccoli, Tomato Cucumber Salad, Cookie/ Spiced Apple Slices	22 Beef & Bean Chili, Sliced Onion and Lettuce Leaf, Cornbread muffin, Steamed green	23  CENTER CLOSED HOLIDAY
26 CENTER CLOSED HOLIDAY 	27 CENTER CLOSED HOLIDAY 	28 Cube Steak, gravy, Boiled Potatoes, Corn on the cob, Assorted Cookies	29 Smothered Pork Chop, Red Potatoes, Steamed Peas and Carrots, Melon Medley	30 Beef Tips with gravy, Baked Potatoes. Seasoned Green Beans, Spiced Peaches

Healthy Tip of the Month:
Make Half of Your Plate Fruit and Vegetables.
 Fruits and veggies add color, flavor and texture plus vitamins, minerals and fiber to your plate.
 Make 2 cups of fruit and 2 1/2 cups of vegetables your daily goal. Experiment with different types, including fresh, frozen and canned.
www.eatright.org

All Meals are served with Milk and Dinner Roll.

