



# SENIORS LUNCH MENU



## December 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<b>4 Fiesta Pork Chop, Rice Pilaf, Broccoli Cuts, Pear Delight Birthday Cake</b>	<b>5 Stuffed Peppers, Vegetable Medley, Fresh Fruit Salad, Chocolate Chip Cookie</b>	<b>6 Cornflake Chicken, Bake Sweet Potatoes, Fresh Green Beans, Fruit Cobbler</b>	<b>7 Beefy King Ranch Casserole, Tossed Salad w/ dressing, Fruit Trifle</b>	<b>1 Oriental Pepper Steak, Parsley Rice, Green Beans, Cake w/frosting.</b>
<b>11 BBQ Chicken, Macaroni &amp; Cheese, Baked Beans, Hawaiian Cup,</b>	<b>12 Beef Stroganoff, Jefferson Noodles, Carrot Coins, Peaches, Pound Cake</b>	<b>13 Tuna &amp; Cheese Lasagna, Tossed Salad w/dressing, Fruit Mix, Brownie</b>	<b>14 Pepper Steak w/ gravy, Mashed Potatoes, Mixed Vegetables, Fruit Crisp</b>	<b>15 Honey Glazed Turkey, Whipped Sweet Potatoes, Green Beans, Pineapple Trifle</b>
<b>18 Crispy Baked Fish, Creamy Pasta Salad, Calico Coleslaw, Strawberries/ Pound Cake</b>	<b>19 Meatloaf, Mashed Potatoes, gravy, Cheesy Spinach, Fresh Fruit</b>	<b>20 Turkey Divan w/ broccoli, Caesar Salad w/dressing, Fruit Mix, Peanut Butter Cookie</b>	<b>21 Roasted Chicken, Corn Pudding, Mixed Vegetables, Mandarin Oranges/ Gelatin Cubes</b>	<b>22 Jefferson Noodles, Italian Meat Sauce, Tossed Salad w/dressing Fresh Fruit</b>
<b>25 CENTER CLOSED HOLIDAY</b>	<b>26 CENTER CLOSED HOLIDAY</b>	<b>27 CENTER CLOSED HOLIDAY</b>	<b>28 Meat Lasagna, Caesar Salad w/ dressing, Fruit Cobbler</b>	<b>29 Maple Glazed Pork Chop, Baked Potato, Broccoli w/ cheese, Chocolate Chip Cookie</b>

Healthy Tip of the Month:

**Watch Portion Sizes**

Do you know if you're eating the proper portion size? Get out the measuring cups and see how close your portions are to the recommended serving size. Use half your plate for fruits and vegetables and the other half for grains and lean meat, poultry, seafood or beans. To complete the meal, add a glass of fat-free or low fat milk or a serving of fat free yogurt for dessert. Visit [www.choosemyplate.org](http://www.choosemyplate.org)



All meals are served with a choice of Skim or 2% milk and Dinner Roll.

