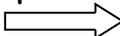


SENIOR LUNCH MENU

December 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Happy Hanukkah 	 KWANZAA	Merry Christmas 	1 Maple Glazed Pork Chop, Baked Potato, Broccoli, Peanut B. Cookie	2 Crispy Potato Chicken, Baked Beans, Zucchini & Tomatoes, Hawaiian cup	3
4  	5 Teriyaki Chicken, Brown Rice, Corn O'Brien, Sliced Peaches, Birthday Cake	6 Salisbury Steak, Mashed Potatoes, Gravy, Cheesy Broccoli & Cauliflower, Fruit Cocktail, Chocolate Chip	7 Spaghetti Noodles, Italian Meat sauce, Tossed Salad w/dressing, Fruit Trifle	8 Breaded Pork Chop w/gravy, Blackeye peas, Green Beans, Mandarin bananas, pound cake	9 Turkey Croquette, Macaroni & Cheese, Calico Coleslaw, Peanut B Cookie	10
11	12 Chopped Steak/gravy, Mashed Potatoes, Peas & Mushrooms, Berry Cup	13 Veggie Lasagna, Caesar Salad w/dressing, Fresh Fruit.	14 Beefy King Ranch Casserole, Rice Pilaf, Carrot Coins, Rosy Pears	15 Stuffed Peppers, Vegetable Medley, Peach Cobbler	16 Honey Glazed Turkey, Whipped Sweet Potatoes, Green Beans, Pineapple Trifle	17
18	19 Encrusted Pork Loin with Aujus, Soft Pinto Beans, Cheesy Broccoli, Fruit/Cake	20 Chicken Rice Casserole, Corn O'Brien, Fresh Baby carrots, Sliced Peaches	21 Meatloaf, Fresh Mashed Potatoes /gravy, Cheesy Spinach, Fresh Fruit, Rice Crunchie Treat	22 Beef Tips w/mushrooms, Parslied Noodles, Sweet & Sour Cabbage, Fruit Cobbler	23 CENTER CLOSED	24
25	26 CENTER CLOSED	27 CENTER CLOSED	28 Sliced Turkey w/gravy, Rice Pilaf, Seasoned Greens, Fruit Salad, Peanut Butter Cookie	29 Chicken Florentine, Bread Dressing, Cauliflower w/Red peppers, Stewed Apricots/Prunes	30 Baked Cheddar Fish, Potato Fingers, Greens, Assorted cake w/frosting	31

Eat Breakfast:

There's no better way to start your morning than with a healthy breakfast. Include lean protein, whole grains, fruits and vegetables. Try oatmeal cooked with low-fat milk, sliced almonds and berries, or top a toaster waffle with low-fat yogurt and fruit. Find more quick breakfast ideas at

www.eatright.org/nutritiontipsheets.



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