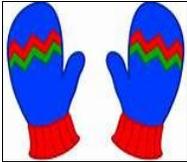


SENIORS LUNCH MENU

December 2015

Healthy Tip of me Month:

Explore New Foods and Flavors, add more nutrition and eating pleasure by expanding your range of food choices. When shopping, make a point of selecting fruit, vegetable or whole grain that's new to you or your family. Try different versions of familiar food like blue potatoes, red leaf lettuce or basmati rice.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Oriental Pepper Steak, Parsley Rice, Green Beans, Fruit Trifle	2 Tuna Casserole, Caesar Salad, Fruit Mix, Pound Cake	3 BBQ Pork Platter, Black Eye Beans, Confetti Slaw, Peach Cobbler	4 Beef Piccata, Mashed Potatoes, gravy, Seasoned Greens, Assorted Cake	5
6 	7 Italian Style Pork Chop, Pinto Beans, Broccoli w/cheese, Berry Cup	8 Salisbury Steak, Mashed Potatoes w/gravy. Sweet & Sour Cabbage , Fruit Cobbler	9 Jefferson Noodles, Italian Meat Sauce, Caesar Salad w/dressing, Oatmeal Cookie	10 Turkey Croquette, Parmesan Potatoes, Fresh Seasoned Carrots, Fruit Trifle, Milk	11 Chicken Florentine, Bread Dressing, Cauliflower & Red Peppers, Chocolate Chip Cookie, Roll, Milk	12
13	14 Meat Lasagna, Tossed Salad, Sliced Peaches, Chocolate Brownie	15 BBQ Chicken, Macaroni & Cheese, Corn O'Brien, Peanut Butter Cookie, Berry Cup	16 Beef Tips w/gravy, Rice, Broccoli w/cheese, Tropical Fruit Salad	17 Dixie Chicken, Succotash, Cheesy Spinach, Pear Delight	18 Honey Glazed Turkey, Sweet Potatoes wedges, Squash medley, Chocolate Chip Cookie	19
20	21 Beef Stroganoff, Parsley Noodles, Seasoned Carrots coins, Assorted Cake	22 Veggie Lasagna, Caesar Salad w/dressing, Peach Cobbler	23 	24 CENTER CLOSED HOLIDAYS	25 	26
27	28 Lemon Pepper chicken w/gravy, Parmesan Potatoes, Squash, Berry Cup/ Chocolate	29 Herbed Turkey, Yam Patties, Green Beans, Fresh Fruit, Cookie,	30 Beef Ranch Casserole, Rice pilaf, Vegetable Medley, Oatmeal cookie	31 Hungarian pork cutlet with gravy, Scalloped Potatoes, Fresh Baby Carrots, Trifle		

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