



SENIOR AND DISABILITY SERVICES

DECEMBER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Spaghetti and Meat Sauce <i>Chicken & Vegetable Stir Fry</i> Brown Rice Green Beans Spinach Romaine Salad Pineapple Tidbits	2 Beef Spanish Rice <i>Vegetarian Chili</i> Chuckwagon Corn Apple Cranberry Coleslaw Cornbread Fresh Orange	3 Chicken Divan Bake <i>Baked Tilapia</i> w/ Creamy Lemon Capers <i>Orzo Pasta</i> Club Spinach (hot) Garbanzo Bean Salad Hot Cinnamon Applesauce	4 Chicken A La King Brown Rice ✓ <i>Cheese Lasagna Roll Up</i> w/ Marinara Sauce Harvard Beets California Vegetables Mandarin Oranges	5 BBQ Smokehouse (beef) <i>Italian Sausage (Pork) (link)</i> Cheesy Shredded Hashbrowns Winter Vegetables Hoagie Bun Fresh Sliced Apples
8 Winter Special	9	10 Winter Special	11 Winter Special	12 Brunch for Lunch
Roasted Turkey w/ Poultry Gravy <i>Meatloaf</i> w/ Brown Gravy Whipped Potatoes Sliced Carrots Seven Grain Bread Carrot Cake	Shoyu Chicken <i>Sweet & Sour Pork</i> Brown Rice Kyoto Vegetables Carrot Pineapple Salad Blushing Pears	Rotisserie Chicken <i>Baked Ham w/ Raisin Sauce</i> Whipped Sweet Potatoes Green Beans & Carrots French Bread Apple Cobbler	Salisbury Steak w/ Brown Gravy <i>Potato Crusted Pollock</i> w/ Lemon Butter Sauce Whipped Potatoes Broccoli Cracked Wheat Bread Candy Cane Cake	✓ Spinach Strata <i>Pork Sausage Patty with Cheese</i> O'Brien Potatoes Cauliflower, Broccoli, & Craisin Salad Whole Grain Bagel Hot Spiced Peaches
15	16 Around the World	17	18	19
Scalloped Potatoes & Turkey <i>Beef Rigatoni</i> Garlic Spinach Garden Vegetable Salad Seven Grain Bread Fresh Orange	<i>New!</i> Chicken Thigh Mole <i>New!</i> <i>Diced Pineapple Pork</i> (<i>al Pastor</i>) Pinto Beans Cilantro Coleslaw Corn Tortilla (2 each) Hot Spiced Fruit	✓ Pasta Primavera <i>Roasted Pork</i> w/ Apple Chutney <i>Brown Rice</i> Mixed Vegetables Romaine Salad Fresh Sliced Apples	Beef Stroganoff <i>Chicken Parmesan</i> Whipped Potatoes Green Beans Garlic Roll Fresh Banana	Closed
22	23	24	25	26
Closed	Closed	Closed	Closed	Closed
29	30	31		
Closed	Closed	Closed	ALLERGEN DISCLAIMER: Meals prepared in this kitchen may contain or come into contact with tree nuts, sesame, peanuts, soy, eggs, milk, fish, crustacean shellfish, wheat, and gluten-containing products. Despite precautions, cross-contact may occur. We cannot guarantee meals are allergen-free.	Suggested Donation: \$3.00 per Meal (Dining Room) \$3.00 per Meal (MOW) Milk Served with Meals. ✓ denotes vegetarian option <i>New!</i> denotes new item.