December

SENIOR AND DISABILITY SERVICES



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
New! New Menu Item Vegetarian Item Meal over 1,000 mg of Sodium	**1** Turkey Tetrazini *Beef Bavarian (Pork) Stew* Mixed Vegetables Pineapple Slaw Sunflower Seed Roll Tropical Fruit	**2** Chicken Supreme *Sweet & Sour Pork* *Brown Rice* Kyoto Vegetables Carrot Pineapple Salad Blushing Pears	**3** Chili Meatballs *w/ Zesty Tomato Sauce* Caribbean Chicken Oven Roasted Potatoes Spinach Rye Bran Roll Fresh Pear	**4** **Brunch For Lunch** Cheese Omelet w/ Cheese Sauce *Pork Sausage Patty* *w/ Cheese* Delmonico Potatoes Beet & Mandarin Orange Salad Hot Spiced Peaches Biscuit
7 **Winter Special** Roasted Turkey w/ Poultry Gravy *Meatloaf* *w/ Brown Gravy* Whipped Potatoes Sliced Carrots	**8** Turkey A La King w/ Brown Rice *Cheese Lasagna Roll Up* *w/ Marinara Sauce* Harvard Beets California Vegetables	**9** **Winter Special** Rotisserie Chicken *Baked Ham* w/ Raisin Sauce Whipped Sweet Potatoes Green Beans & Carrots French Roll	**10** **Winter Special** Salisbury Steak w/ Brown Gravy *Potato Crusted Pollock* *w/ Lemon Butter Sauce* Whipped Potatoes Broccoli	**11** Spaghetti and Meat Sauce *Chicken & Vegetable Stir Fry* *Brown Rice* Green Beans Spinach Romaine Salad Pineapple Tidbits