




December 2017



| Monday | Tuesday | Wednesday | Thursday | Friday |
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| | TO RESERVE OR CANCEL A MEAL CALL 641-792-7102 Toll Free 1-866-942-7102 PLEASE LEAVE A MESSAGE IF NO ONE ANSWERS THE PHONE | | | 1 Tuna Noodle Casserole(1) Green Beans Pears(1) Peanut Butter Cookie(1) |
| 4 Spaghetti (2) Fresh Spinach Salad(.5) Garlic Bread (1) Tropical Fruit(1) Hot Cinnamon Apples(1.5) | 5 Minestrone Soup(1.5) 1/2 Chicken Salad Sandwich(1) Crackers (1) Mandarin Oranges(1) Cherry Crisp(2) | 6 BBQ Pork on Bun(2) Potato w/ Onion(1) Brussels Sprouts(.5) Peaches(1) Cottage Cheese | 7 Herb Baked Chicken(.5) Baked Squash(1.5) Peas(.5) Plums(1) Carrot Bar(2) | 8 Baked Fish Parmesan Potatoes(1) Garden Mix Vegetables(.5) Applesauce(1) Celebration Cake(2) <small>Deb Thomas' 20 Year Anniversary at JCEN</small> |
| 11 Beef Stroganoff Over Egg Noodles(1) Lima Beans(1) Corn(1) Fresh Orange(1) | 12 Meatballs in Gravy(1) Mashed Potatoes(1) Creamed Asparagus(.5) Peaches(1) Christmas Salad(1) | 13 Salmon Loaf(1) Parsley Potatoes(1.5) Broccoli Normandy(.5) Apricots(1) Pineapple Cake(1.5) BIRTHDAY DAY | 14 Chicken Noodle Soup(.5) Chef Salad(1) Blueberries(1) Tapioca Pudding (1.5) Crackers(1) | 15 Cook's Choice Hamburger on Bun Chips Baked Beans Tropical Fruit |
| 18 Smothered Pork Chop Mashed Potatoes w/ Gravy(1.5) Creamed Carrots(.5) Pineapple(1) Plums(1) | 19 Soft Shell Beef Taco(2) Fiesta Corn(1) Mexican Rice(2) Apricots(1) Brownie (1.5) | 20 Roast Turkey w/ Dressing(1) Candied Sweet Potatoes(2) Cranberry Saalad Brussels Sprouts(.5) Pumpkin Crunch Dessert (2) | 21 Cook's Choice Broccoli Cheddar Soup Tomatoes Tropical Fruit Cookie | 22 Hamburger Chili(1) Asparagus(1) Peaches(1) Crackers (1) Corn Bread(1.5) Sack Lunch for Dec. 26 |
| 25 Christmas  | 26 CLOSED | 27 Baked Potato w/(1.5) Turkey Ham Cheese Sauce Broccoli Cuts Strawberries(1) Fruit Cocktail(1) | 28 Fish Sandwich(1.5) Scalloped Corn(1.5) California Blend Vegetables Banana(2) Refrigerator Dessert(1) | 29 Baked Potato w/ (1.5) Turkey Ham/Cheese Sauce Broccoli Strawberries (1) Fruit Cocktail (1) Sack Lunch for Jan. 1 |

**Milk offered with all meals. All meals meet 1/3 of the Recommended Dietary Allowances (RDA) for older adults. The number in parentheses denotes the carbohydrate count for those with diabetes. Cook's Choice days are not labeled with carbohydrate count.


Stephanie Labenz MS, RD, LD