

December 2018

Monday	Tuesday	Wednesday	Thursday	Friday
3	4 (Cook's Choice)	5	6	7
Pizza Casserole (1)	Hot Dog	Roast Beef Sandwich (1.5)	Chicken Tetrizzini (2.5)	BBQ Pork on Bun(2)
Cauliflower Cuts	Baked Beans	Potato Salad (1)	Broccoli	Potatoes(1)
Lettuce Salad	Coleslaw	Corn & Kidney Bean Salad (1)	Mandarin Oranges (1)	Brussels Sprouts(.5)
Plums (1)	 Mixed Fruit	Orange (1)	White Cake w/	Peaches(1)
Roll (1)	Dessert	Cookie (1)	Strawberries (1)	Cottage Cheese
10	11	12	13	14
Potato Bacon Soup (1.5)	Fish (1)	Chicken Pot Pie	Goulash	Liver and Onions (1)
1/2 Ham Salad Sandwich (1)	Scalloped Potatoes (1.5)	Cauliflower	Lettuce Salad	Parslied Potatoes (1.5)
Spinach (.5)	Brussels Sprouts	Strawberries (1)	Mandarin Oranges (1)	Lima Beans
 Crackers (1)	Fruit Cocktail (1)	Cookie (1)	Garlic Bread (1)	Applesauce in Gelatin (1.5)
Pears (1)	Ice Cream (1)		Dessert (2)	Brownie (2)
17	18	19 Birthday Day	20 Christmas Dinner	21
Scalloped Potatoes w/ Turkey Ham (1.5)	Taco Stew (1)	Hamburger in Gravy (0.5)	 Baked Ham	Tator Tot Casserole (2)
Peas and Onions	Lima Beans (1)	Scalloped Potatoes(1.5)	Mashed Potatoes & Gravy(1)	Corn (1)
Tropical Fruit (1)	Crackers (1)	Seasoned Asparagus	Green Bean Casserole	Apple (1)
Vanilla Fruit Salad (1.5)	Strawberry Whip Dessert (1)	Pineapple (1))	Pear Cranberry Gelatin (1)	Banana Crumb Dessert (2)
	Apricots (1)	Carrot Cake (2)	Gingerbread Cake (2) Roll (1)	
24	25	26	27	28
CLOSED	Christmas	Cook's Choice	Baked Potato w/ (1.5)	Egg Casserole (.5)
		Chicken Noodle Soup	Turkey Ham	Hashbrown Square (1)
		Peas	Cheese Sauce	Carrot Slices
		Tomato Salad	Broccoli Cuts	Strawberries (1)
		Mandarin Oranges	Banana (2)	Bran Muffin (1)
		Granola Bar	Brownie (2)	
31		TO RESERVE OR CANCEL		
Lemon Fish		A MEAL CALL		
Garden Pilaf (1)		641-792-7102		
Capri Vegetables		Toll Free 1-866-942-7102		
Autumn Salad (2)				
Pudding (.5)				
Wheat Roll (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.

