
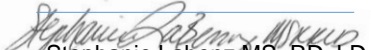


# December 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Tuna Casserole	Beef Patty and Onions	Pizza Casserole	Chicken & Bean Chili	Ham Loaf
Green Beans	Parslied Potatoes	Lettuce Salad	Spinach Salad	Scalloped Potatoes
Fresh Orange	Mixed Vegetables	Mixed Berries	Pineapple	Broccoli Normandy
Cookie	Gelatin Applesauce	Fruited Yogurt	Jell-O	Peaches
	Brownie	Garlic Bread		Pineapple Cake
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Vegetable Beef Soup	Beef Stroganoff	Fish Sandwich	Pineapple Glazed Pork	Oven Fried Chicken
Mixed Fruit	Mixed Vegetables	Sweet Potato Tots	Garden Blend Rice	Mashed Potatoes
Roll	Blueberries	Brussels Sprouts	Peas	Corn
Dessert	Rice Pudding	Pears	Apricots	Strawberry & Bananas
		Refrigerator Dessert	Roll	Carrot Bar
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Hamburger Chili	Soft Shell Taco	Tater Tot Casserole	Baked Ham	Pork Loin
Asparagus Cuts	Fiesta Corn	Broccoli Normandy	Mashed Potatoes & Gravy	Whipped Potatoes/Gravy
Corn Bread	Mexican Rice	Mixed Berries	Green Bean Casserole	Glazed Carrots
Banana	Apricots	Banana Crumb Dessert	Peaches	Pineapple
Cookie	Oatmeal Cake	<b>BIRTHDAY DAY</b>	Ginger Bread Cake	Fruited Yogurt
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Chicken Patty On Bun	<b>Christmas Eve</b>	<b>Christmas</b>	Scalloped Potatoes	Western Egg Bake
3 Bean Salad			W/ Turkey Ham	Hash brown Square
Stewed Tomatoes	<b>CLOSED</b>	<b>CLOSED</b>	Broccoli	Carrot Slices
Butterscotch Pudding			Peaches	Strawberries
Mixed Fruit			Cookie	Muffin
<b>30</b>	<b>31</b>			
<b>Cook's Choice</b>	Lemon Fish		Don't forget to call to	
Beef Stew	Garden Pilaf		cancel your meal if you	
Corn	Capri Vegetables		will not be home when	
Mandarin Oranges	Strawberries		your meal arrives!	
Dessert	Roll		792-7102	
			1-866-942-7102	

\*\*Milk offered with all meals. All meals meet 1/3 of the Recommended Dietary Allowances (RDA) for older adults.

  
Stephanie Labenz MS, RD, LD