

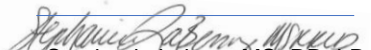


December 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	To cancel your meal, call 641-792-7102. Meals will not be left if you are not home or have not communicated with us.		1--Cook's Choice Beef Burger Baked Beans Chips Pineapple Cake Banana	2 Tuna Casserole Green Beans Fresh Orange Cookie
5 Beef Stroganoff Corn Peaches Pudding	6 BBQ Chicken Legs Potato Casserole Mixed Vegetables Strawberries Carrot Bar	7 Crispy Fish Sandwich French Fries Brussels Sprouts Pears Dessert	8 Pork Garden Blend Rice Peas Apricots Roll	9 Beef Stew Asparagus Corn Bread Pineapple Tidbits <small>(Last day to sign up for Christmas Day meal)</small>
12 Tater Tot Casserole Broccoli Normandy Mixed Berries Dessert	13-Cook's Choice Vegetable Beef Soup Pickled Beets Crackers Muffin Orange	14 Chicken Noodles over Whipped Potatoes Peas Strawberries Apple Crisp	15 Scalloped Potatoes & Ham Green Beans Peaches Dessert	16 Lemon Fish Garden Pilaf Capri Vegetables Cinnamon Applesauce Roll
19 Chicken Patty On Bun Fries Stewed Tomatoes 3 Bean Salad Tropical Fruit	20 Taco Salad Fiesta Corn Chips & Salsa Apricots Iced Oatmeal Cake	21 Salmon Loaf Parslied Potatoes Creamed Peas Pears Butterscotch Pudding	22 Chili Broccoli Crackers Peaches Cookie	23 Christmas  CLOSED-Meal available for those who sign up by 12/9
26  CLOSED Extra meal sent out on 12/22	27 Lasagna Broccoli Mandarin Oranges Roll Dessert	28 Beef Pepper Steak Parslied Potatoes Green Beans Gelatin Applesauce Brownie	29 Crispy Fish and Chips Mixed Vegetables Cole Slaw Mixed Berry Cup	30 Beefy Mac & Cheese Broccoli Normandy Tomatoes Strawberries Roll

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


Stephanie Labenz MS, RD, LD