

**NUTRITION & SERVICES FOR SENIORS**  
**DECEMBER 2020**  
**MENU**

<b>MON</b>	<b>TUES</b>	<b>WED</b>	<b>THURS</b>	<b>FRI</b>
 "At Christmas, all roads lead home." <small>- MARJORIE HOLMES</small>	<b>1</b> *4	<b>2</b> *6	<b>3</b> *5	<b>4</b> *5
	Cabbage Roll California Blend Vegetables Roll Fruit Cup Milk	Baked Fish w/Yvette Sauce Brown Rice Turnip Greens Roll Choc Chip Cookie Juice	Chicken & Rice Casserole Cauliflower W/Red Peppers Spiced Pineapple Milk	Italian Meatballs Mashed Potatoes Spinach Cornbread Diced Pears Juice
<b>7</b> *5	<b>8</b> *5	<b>9</b> *4	<b>10</b> *5	<b>11</b> *5
Hamburger Steak W/Gravy Rice Carrots Roll Diced Peaches Juice	Chicken Enchiladas w/Red Sauce Mexi-Corn Broccoli Tortilla Jello Milk	Pork Chops & French Onion Rice Brussels Sprouts Roll Pear Crisp Juice	Pizza Casserole Italian Mixed Vegetables Breadstick Cinnamon Apples Milk	Baked Chicken Legs Squash Casserole Cornbread Yogurt Juice
<b>14</b> *4	<b>15</b> *5	<b>16</b> *4	<b>17</b> *6	<b>18</b> *5
Beef Stronganoff W/Noodles Zucchini Roll Chocolate Pudding Juice	Tuna Salad on Lettuce Tomato & Onion Broccoli Salad Pita Bread Assorted Muffins Milk	Beef Patty w/Lima Beans California Blend Veggies Cornbread Orange Slices Juice	Crunchy Fish Patty Tartar Sauce Chuckwagon Corn Tater Tots Wheat Bread Sugar Cookie Milk	Chicken Pot Pie Brussels Sprouts Biscuit Jello W/Pineapple Juice
<b>21</b> *5	<b>22</b> *7	<b>23</b> *5	<b>24</b>	<b>25</b>
Meatloaf W/Gravy Mashed Potatoes Peas & Carrots Roll Yogurt Juice	Turkey W/Gravy Cornbread Stuffing Green Beans Yams Cranberry Sauce Roll, Pecan Pie Milk	Cheese Omelet W/Salsa Seasoned Potatoes Pinto Beans Biscuit Applesauce Juice	<b>C L O S E D</b> 	
<b>28</b> *5	<b>29</b> *5	<b>30</b> *5	<b>31</b> *4	
Turkey Tetrizzini Carrots Roll Banana Pudding Cup Juice	Cheeseburger, Bun Lettuce/Tomato/ Onion Pickle/Mustard/Mayo Green Beans Roasted Potatoes Apple , Milk	Crab Cakes Tartar Sauce Parsley Potatoes Okra & Tomatoes Roll Fruit Cup, Juice	Sliced Ham Cabbage Black-eyed Peas Carrot Salad Cinnamon Apples Milk	

MILK OR JUICE SERVED WITH EACH MEAL

SUBSTITUTIONS MAY BE MADE DUE TO DELIVERY OF PRODUCTS

**\*Carb Exchanges**