

Senior Nutrition Program December 2022

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Sloppy Joe on Whole Wheat Bun Green Salad Fresh Apples	2 Ribs Potato Salad Baked Beans Fresh Oranges
5 Chili Cornbread Cheesy Cauliflower Peaches	6 SITE CHOICE Chicken Adobo Jasmin Rice Asian Veggies Mandarin Orange	7 Pork Roast w/ Roasted Potatoes Carrots & Peas Apples	8 Meatloaf Mashed Potatoes Green Beans Pears	9 Fish Tacos with Cilantro Cream Sauce Mexi-Cali Pinto Beans & Corn Mango & Pineapple
12 Rice Noodles with Kielbasa, Bell Peppers & Sweet Chili Sauce Asian Veggies Pineapple	13 Cheese Ravioli with Marinara Sauce Romanesco Cauliflower Apricot Bread Sticks	14 Holiday Meal Roast Beef with Horseradish Herbed Mashed Potatoes Glazed Carrots Dessert	15 SITE CHOICE Potato Crusted Fish Scalloped Potatoes Broccoli Slaw Peaches	16 Grilled Cheese Sandwich Tomato Soup Salad Fruit
19 Spaghetti & Meat sauce Steamed Broccoli & Cauliflower Orange Slices	20 Hearty Beef Barley & Veg Soup Three Bean Salad Fruit WW Dinner Roll	21 SITE CHOICE Mexi Breakfast Casserole Warm Black Bean Salad Salsa Guacamole Fruit	22 Gnocchi Soup Side Salad Whole Wheat Naan Cottage Cheese Pears	23 Closed for the Holidays
26 Closed for the Holidays	27 Jambalaya with Shrimp & Chicken Steamed Peas Cinnamon Applesauce	28 Veg. Lasagna Cauliflower Spiced Pears Garlic Bread	29 French Dip Mixed Green Salad Waldorf Salad	30 SITE CHOICE Italian Chicken Pasta Salad Beets Peaches

****Menu Subject to change. Our meals are low in sodium and prepared with diabetic diets in mind.