

DECEMBER 2024



MAKE YOUR LUNCH RESERVATIONS
AT LEAST ONE BUSINESS DAY
IN ADVANCE!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12/2 Parmesan Chicken over Spaghetti Marinara <u>Scandinavian Vegetables</u> C Broccoli Roll w/Butter Seasonal Fresh Fruit	12/3 Swedish Meatballs over Brown Rice Potato Leek Soup <u>Bean Medley</u> Stewed Tomatoes C Mandarin Oranges	12/4 Tuna Salad Sandwich w/Lettuce, Tomato, & Onion on WW Bread Split Pea Soup C Coleslaw Seasonal Fresh Fruit Sherbet	12/5 Turkey Enchilada Casserole w/Salsa <u>Carrots</u> Whole Kernel Corn C Tropical Fruit	12/6 New! Lemongrass Pork C Cabbage Confetti Brown Rice Tossed Salad w/Sesame Dressing
12/9 Turkey Burger with Lettuce, Tomato, Onion, Mustard & Mayo on a Whole Grain Bun Tomato Basil Soup Garden Pea Salad C Citrus Fruit	12/10 Sweet & Sour Pork over Brown Rice C Cauliflower <u>Spinach Salad</u> w/Sesame Dressing Seasonal Fresh Fruit	12/11 Sloppy Joe on a Whole Grain Bun Whole Kernel Corn <u>Carrot Raisin Salad</u> C Applesauce	12/12 Creamy Mushroom Chicken C Garlic Whipped Potatoes Marinated Beets & Onions Whole Wheat Roll w/Butter Seasonal Fresh Fruit	12/13 Breaded Fish Sandwich w/Shredded Lettuce & Tartar Sauce on a Whole Grain Bun Corn Chowder <u>Italian Vegetables</u> C Fresh Orange Brownie
12/16 Cheese Omelet w/Salsa & Shredded Cheddar Diced Red Potatoes <u>Spinach</u> WG Blueberry Muffin C Mandarin Oranges	12/17 Turkey Shepherd's Pie C w/Mashed Potatoes <u>Mixed Vegetables</u> Tossed Salad w/Dressing Whole Wheat Roll w/Butter Seasonal Fresh Fruit	12/18 Teriyaki Chicken Egg Drop Soup C Brussels Sprouts Asian Brown Rice Fruited Gelatin	12/19 Ham w/Pineapple Glaze <u>Whipped Sweet Potatoes</u> Green Beans C w/Red Peppers Roll w/Butter C Juice Chocolate Cake	12/20 Chicken Fajitas w/Peppers & Onions Pozole Soup C Fiesta Vegetables Tortilla Seasonal Fresh Fruit
12/23 Turkey Dinner w/Gravy <u>Fresh Cubed Sweet Potatoes</u> C Winter Vegetables Whole Wheat Roll w/Butter Seasonal Fresh Fruit Brownie	12/24 CHRISTMAS EVE	12/25 CHRISTMAS DAY	12/26 Beef Stroganoff over Whole Grain Pasta C California Vegetables Seasonal Fresh Fruit	12/27 Chicken Thigh w/Gravy C Mashed Potatoes <u>Bean Medley</u> Whole Wheat Roll w/Butter Seasonal Fresh Fruit
12/30 Salisbury Steak w/Onion Gravy C Mashed Potatoes <u>Broccoli & Carrots</u> Whole Wheat Roll w/Butter Mixed Fruit	12/31 Crab Cake w/Creole Sauce Roasted Red Potatoes C California Vegetables Roll w/Butter Seasonal Fresh Fruit			

All meals served with
lowfat milk.

2 DAILY ALTERNATIVE ENTRÉE CHOICES:
VEGETARIAN OR FEATURED ENTRÉE SALAD
(SEAFOOD LOUIE SALAD W/MOCK CRAB).

Vitamin A

+ Higher in sodium

C Vitamin C