



# DECEMBER 2023



				FRIDAY 1
<b>L F Milk Served w/Each Meal</b> <b>Can Fruit in Light Syrup</b> <b>WW= Whole Wheat</b> <b>GC=Green Chili</b> <b>RC=Red Chili</b> <b>HM = Honey Mustard</b>	<b>Senior Meal Suggested Donation</b> <b>Lunch \$2.00</b> <b>Under 60 years \$6.00</b> <b>Menu Subject to Change</b> <b>Lunch Service From 11:30am</b> <b>to 12:30 pm Mon - Fri</b>			<b>GC Cheese Burger</b> Roasted Potatoes Lettuce/Tomato/ Red Onion Pickle Slices Baked Apple Slices
MONDAY 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7	FRIDAY 8
Garlic Ginger Chicken Thighs Rice Pilaf Steamed Brussel Sprouts Tossed Garden Salad WW Roll/ Margarine Pineapple Tidbits	<b>RC Bean/Cheese Burrito</b> Spanish Rice Winter Blend Vegetables Shredded Lettuce/ Diced Tomato Fresh Fruit	<b>Hamburger Beef Stew</b> Diced Potato/Celery, Sliced Carrots in Stew Carrot & Raisin Salad Cornbread /w Honey Red Grapes	<b>Parmesan Chicken</b> Spaghetti Noodles Italian Vegetables Caesar Salad/w Dressing WW Roll w/Margarine Apricot Halves	<b>Roasted Pork Loin</b> Mashed Potatoes and Gravy Steamed Broccoli Garden Salad w/ LF Dressing WW Roll W/Margarine Diced Pears
MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15
Salisbury Steak w/Mushroom Gravy Mashed Potatoes California Blend Vegetables WW Dinner Roll/w Margarine Fruit	<b>Chicken&amp; Cheese Taco /wSalsa</b> <b>Pinto Beans</b> Seasoned Corn Shredded Lettuce/ Diced Tomato Fresh Orange	<b>Meatloaf</b> Baked Potato w/Sour Cream Steamed Broccoli Bacon & Green Pea Salad WW Roll w/Margarine Diced Pears	<b>Pork Posole</b> Steamed Zucchini & Onions Flour Tortilla Chilled Fruit Apple Crisp	<b>Chicken Fettuccine Alfredo</b> Steamed Italian Veggies Caesar Salad w/ Dressing Garlic Breadstick Tropical Fruit Salad NO ACTIVITIES
MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22 (NO ACTIVITIES)
<b>Country Fried Steak</b> Mashed Potatoes w/Gravy Cook's Choice Stmd Vegetable Tossed Garden Salad WW Roll/ Margarine Mixed Fruit	<b>Beef Carnitas Taco</b> Spanish Rice Pinto Beans Shredded lettuce/Diced Tomato Fresh Fruit	<b>GC Chicken Enchiladas</b> Chuckwagon Corn Shredded lettuce/ Diced Tomato WW Roll w/Margarine Red Grapes	<b>Glazed Baked Ham</b> Baked Sweet Potatoes Green Bean Almondine Hawaiian Rolls Spring Mix Salad Pumpkin Pie/Whipped Topping	<b>Turkey &amp; Cheese Sandwich</b> Leaf Lettuce/ Red Onion& Tomato Coleslaw Fresh Banana Oatmeal Raisin Cookie <b>OPEN FOR LUNCH ONLY</b>
MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29
<b><u>Merry Christmas</u></b> <b><u>All Centers Closed</u></b>	<b><u>MEADOWLARK OPEN FOR</u></b> <b><u>ACTIVITIES ONLY</u></b> <b><u>NO LUNCH</u></b>	<b>Sloppy Joe Sandwich</b> Garlic & Dill New Potatoes Steamed Cauliflower Tossed Garden Salad Fresh Orange	<b>Green Chile Chicken Pot Pie</b> Celery, Diced Potatoes, Onions Baby Carrots 3 Bean Salad Jello w/ Fruit	<b>Chef's Salad w/Turkey, Ham,</b> Tomato, Cheese & Egg Club Crackers Croutons Vanilla Pudding

FINAL