




DECEMBER 2016 MENUS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Each Meal Includes:		1	2	
	* 1/3 of the Required Daily Amounts (RDA) * Milk * Condiments as appropriate  *Sodium >800 <i>Amy Bonas MS RDN LDN</i>		Egg & Potato Casserole Broccoli Banana Half Fruit Oat Muffin OJ	Orange Glazed Chicken Brown Rice Tomatoes Florentine Applesauce
	5	6	7	8
Swiss Style Gr. Beef Squash Scalloped Cabbage Blushing Pears Tomato Juice	Turkey & Dumplings Asparagus Mixed Fruit OJ	Italian Meatloaf Roasted Red Potatoes Brussel Sprouts with Cranberries Cinnamon Apples w/Crunchy Top	Chicken & Noodle Casserole Beets Plums Oatmeal-Raisin Bar OJ	COOK'S CHOICE
12	13	14	15	16
Baked Chicken Baked Potato Peas Cinnamon Raisin Applesauce Tomato Juice	Chili or Beef Barley Corn Bread Tangy Coleslaw Strawberries OJ	Ham Loaf Sweet Potatoes Calico Corn/Corn Mixed Fruit	Spaghetti Tossed Salad Apricots French Bread	Liver & Onions or Beef Patty Mashed Potatoes Broccoli Oranges and Pineapple
19	20	21	22	23
COOK'S CHOICE	 Tater Tot Casserole California Blend Fruit Salad WW Roll	Crunchy Pollock Baked Potato Spinach au gratin Carrot Cake Mandarin Oranges	Salisbury Ground Beef Mashed Potatoes Mixed Vegetables Peaches OJ	Autumn Chicken Creamed Asparagus Quinoa Plums WW Roll
26	27	28	29	30
Turkey Roast Sweet Potatoes Green Beans Pumpkin Custard	Beef Stew Coleslaw Crunchy Cranberry Salad WW Roll Plums	Crab Cake Roasted Potatoes Creamed Peas Bananas & Oranges Grape Juice	Ham & Bean Soup Corn Bread Carrots Strawberries & Bananas OJ	Egg & Potato Casserole Asparagus Fresh Apple Fruit Oat Muffin Tomato Juice