




**DECEMBER 2017 MENUS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Each Meal Includes:</b>				<b>1</b>
	<p>* 1/3 of the Required Daily Amounts (RDA) for persons age 70+                      * Skim or 1% milk                      *Condiments as appropriate   Sodium &gt; 800mg</p> <p><i>Amy Barnes MS RDN LDN</i></p>			Orange Glazed Chicken Brown Rice Tomatoes Florentine Applesauce
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
Turkey & Dumplings Asparagus Banana Raisin Rice Pudding Tomato Juice	Meatloaf Roasted Red Potatoes Brussel Sprouts with Cranberries Cinnamon Apples w/Crunchy Top	Chicken & Noodle Casserole Beets Plums Oatmeal-Raisin Bar OJ	<b>COOK'S CHOICE</b>	Swiss Style Gr. Beef Squash Scalloped Cabbage Blushing Pears Tomato Juice
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
Chili or Beef Barley Corn Bread Tangy Coleslaw Strawberries OJ	Ham Loaf Sweet Potatoes Calico Corn/Corn Cinnamon Raisin Applesauce	Spaghetti Tossed Salad Apricots French Bread	Liver & Onions or Beef Patty Mashed Potatoes Broccoli Oranges and Pineapple Bread Pudding	Baked Chicken Baked Potato Peas Mixed Fruit Tomato Juice
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
 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 Brown Rice Plums Chocolate Pudding	<b>COOK'S CHOICE</b>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>MERRY CHRISTMAS</b>	Lasagna Mixed Green Salad Garlic Bread Bananas & Oranges Grape Juice	Egg & Potato Casserole Asparagus Fresh Apple Fruit Oat Muffin Tomato Juice	Ham & Bean Soup Corn Bread Carrots Strawberries & Bananas OJ	Turkey Roast Sweet Potatoes Green Beans Pumpkin Custard