

December 2018 Menus

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
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	COOK'S CHOICE	Swiss Style Gr. Beef Squash Scalloped Cabbage Blushing Pears Tomato Juice
10	11	12	13	14
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
17	18	19	20	21
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	COOK'S CHOICE
24	25	26	27	28
Beef Stew Coleslaw Crunchy Cranberry Salad WW Roll Plums	MERRY CHRISTMAS	Lasagna Mixed Green Salad Garlic Bread Bananas & Oranges Grape Juice	Ham & Bean Soup Corn Bread Carrots Strawberries & Bananas OJ	Turkey Roast Sweet Potatoes Green Beans Pumpkin Custard
31	Each Meal Includes:			
Chicken Rice Broccoli Casserole Tossed Salad Garlic Bread Hot Fruit Compote OJ	* 1/3 of the Required Daily Amounts (RDA) for persons age 70+ *Milk  * Condiments as appropriate * Sodium >800mg			