

December 2022 Congregate Meal Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Nutrition Group	*menu subject to change		December 1 Picnic Lunch Tuna Salad w/ Lettuce & Tomato Wheat Roll Fruit Juice Cucumber Salad Cookie Iced Tea	1/2c. Moroccan Beef 1/2c Vegetable Rice 1/2c Oriental Vegetables 1 Wheat Bread 1/2c Mandarin Oranges
BBQ Pork Ribette 1/2c Hashbrown Cubes 1/2c Green Beans 1 Sandwich Bun 1/2c Pineapple Delight	December 6 Chicken Alfredo 1/2c Noodles 1/2c Broccoli 1 White Bread BIRTHDAY CAKE!	December 7 Cheeseburger w/ Lettuce, Tomato 1/2c. Potato Salad 1 Hamburger Roll Seasonal Fresh Fruit	December 8 Open Faced Turkey Sandwich w/ Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn 1 White Bread 1 Cookie	December 9 Salmon Croquette 1/2c Parmesan Garlic Noodles 1/2c Peas 1 Wheat Bread Fresh Fruit
December 12 Burgundy Glazed Meatballs (4) 1/2c Rice 1/2c Roasted Brussel Sprouts 1 Italian Breadstick 1/2c Mandarin Oranges	Grilled Chicken Salad (2oz Chicken, Cheddar, HB Egg over 1c Mixed Greens) 1/2c Broccoli Salad 1 Dinner Roll 1/2c Peaches	Pepper Steak w/ 2oz Gravy 1/2c Whipped Potatoes 1/2c Diced Carrots 1 Wheat Bread 1/2c Blushed Pears	December 15 1/2c. Hawaiian Pork Loin 1/2c Buttered Noodles 1/2c Island Blend Vegetables Fresh Seasonal Fruit Cookie	1/2c. Roast Beef w/ Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables 1 White Bread 1/2c Pudding
December 19 BBQ Chicken Breast 1/2c. Brown Rice 1/2c. Coleslaw Wheat Bread Fresh Orange	HOLIDAY MEAL December 20 Roast Turkey w/ Gravy Homemade Stuffing Whipped Potatoes Sweet Peas & Carrots Dinner Roll Apple Pie	December 21 Picnic Lunch Chicken Salad w/ Lettuce & Tomato Wheat Roll Pickled Beets Fresh Fruit Cookie Milk	December 22 Picnic Lunch Sweet Bologna & Cheese Lettuce & Tomato Coleslaw Fresh Fruit Cookie Milk	December 23 1/2c. Creamy Parmesan Pork Chop 1/2c Diced Redskin Potatoes 1/2c Green Beans 1 Dinner Roll 1/2c Pineapple Tidbits Cookie
December 26 MERRY CHRIST MAS	Picnic Lunch Sliced Turkey on Whole Wheat Bread Lettuce & Tomato Potato Salad Fresh Fruit	December 28 1c. Baked Cabbage Casserole w/ 2oz Tomato Sauce 1/2c Garlic Whipped Potatoes 1/2c Carrots 1 Dinner Roll Fresh Fruit	December 29 Salisbury Steak w/ Gravy Baked Potato w/ Margarine 1/2c Broccoli 1 Wheat Bread 1/2c Gelatin	December 30 1c. Chicken Stew 1/2c. Pepper Slaw Whole Grain Buttermilk Biscuit 1/2c. Warm Peaches