

DECEMBER 2017 LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Tomato Basil Soup Unsalted Crackers Grilled Cheese on Wheat Green Beans Fresh Fruit 1% Milk
4 Cranberry Glazed Chicken Roast Sweet Potato Green Beans Wheat Dinner Roll Margarine Fresh Fruit 1% Milk	5 Cheese Baked Ziti Meatball Romaine Salad with Cucumber, French Dressing Breadstick Margarine Mandarin Oranges 1% Milk	6 Pot Roast/LS Gravy Mashed Potato Mixed Vegetables Rye Bread Margarine Apple Juice Chocolate Chip Cookie 1% Milk	7 Minestrone Soup Unsalted Crackers Crab Cakes Tartar Sauce / Lemon Brown Rice and Orzo Pilaf Broccoli Corn Bread Margarine Birthday Cake 1% Milk	8 Spinach Quiche Stewed Tomatoes Roasted Vegetables Family Grain Bread Margarine Fresh Fruit 1% Milk
11 Spaghetti Meatballs Tossed Salad with Tomato and Italian Dressing Garlic Bread Parmesan Cheese Peaches 1% Milk	12 Hot Open Turkey Sandwich on Wheat with LS Gravy Steak Fries California Blend Fresh Fruit 1% Milk	13 <i>Chanukah Special!</i> Pot Roast with Gravy Potato Latkes with Applesauce Garnish Carrots Rye Bread Jelly Donuts 1% Milk	14 Herb Roasted Chicken Qtr. Acorn Squash Green Beans Marble Rye Margarine Orange Juice Carrot Cake 1% Milk	15 Spinach Grandioli Zucchini and Yellow Squash Tossed Salad with Shredded Carrot and Ranch Dressing Italian Bread Margarine Fresh Fruit 1% Milk
18 Roast Pork Loin/LS Gravy Mashed Sweet Potato Peas and Onions Rye Bread Margarine Applesauce 1% Milk	19 Vegetable Barely Soup Unsalted Crackers Chicken Florentine Bowtie Noodles Carrots Wheat Dinner Roll Margarine Tropical Fruit 1% Milk	20 Bean and Beef Chili Zucchini Corn Biscuit Margarine Fresh Fruit 1% Milk	21 <i>Christmas Special!</i> Beef Wellington Twice Baked Potato Peas and Mushrooms Snowflake Dinner Roll Holiday Cake	22 Eggplant Parmesan Parmesan Cheese Ziti/Sauce Tossed Salad with Cucumber and Italian Dressing Garlic Breadstick Cranberry Juice Oatmeal Cookie 1% Milk
25  Senior Center Closed	26 Fish Sticks Tartar Sauce/Lemon Macaroni and Cheese Green Beans Dinner Roll Margarine Mixed Fruit Juice Pond Cake 1% Milk	27 <i>New Year's Day Special!</i> Chicken Breast with Spinach and Red Pepper Brown Rice Parsley Carrots Sparkling Juice Herbed Dinner Roll Holiday Cake	28 Swiss Steak with Tomato, Onion and Pepper Bowtie Noodles Spinach Biscuit Margarine Fresh Fruit 1% Milk	29 Cream of Carrot Soup Unsalted Crackers Broccoli and Mushroom Frittata Potato O'Brien Wheat Breadstick Margarine Pineapple 1% Milk

Whole Grain Bread, Butter and Skim or 1% Milk Served Daily

Reservations are required at least 24 hours in advance.

Entrees are 3 oz. portions, Vegetables & Salads are 4 oz. portions, Desserts are
4 oz. portions, Bread is 1 slice each, Milk 8 oz.

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness,
especially if you have certain medical conditions.

JANUARY 2018 LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <i>Happy New Year</i>  Senior Center Closed	2 BBQ Chicken Qtr. Baked Beans Coleslaw Biscuit Margarine Fresh Fruit 1% Milk	3 Chicken Noodle Soup Unsalted Crackers Stuffed Salmon with Dill Sauce Orzo Beets Pumpernickel Dinner Roll Margarine Fresh Fruit 1% Milk	4 Sweet and Sour Pork Fried Rice Oriental Blend Wheat Bread Margarine Mandarin Oranges 1% Milk	5 Vegetable Lasagna Parmesan Cheese Roasted Tomato Tossed Salad with Black Olives and Ranch Dressing Garlic Bread Margarine Grape Juice Fruited Jello 1% Milk
8 Cranberry Glazed Chicken Roasted Sweet Potato Green Beans Wheat Dinner Roll Margarine Fresh Fruit 1% Milk	9 Cheese Baked Ziti Meatballs Romaine Salad with Cucumber, French Dressing Breadstick Margarine Mandarin Oranges 1% Milk	10 <i>Martin Luther King Day Special!</i> Fried Chicken Qtr. Collard Greens Corn and Okra Biscuit Bread Pudding with Topping	11 Minestrone Soup Unsalted Crackers Crab Cakes Tartar Sauce/Lemon Brown Rice and Orzo Pilaf Broccoli Corn Bread Margarine Peaches 1% Milk	12 Spinach Quiche Stewed Tomatoes Roasted Vegetables Family Grain Bread Margarine Fresh Fruit 1% Milk
15 Martin Luther King Day  Senior Center Closed	16 Hot Open Turkey Sandwich on Wheat with LS gravy Steak Fries California Blend Fresh Fruit 1% Milk	17 NE Clam Chowder Unsalted Crackers Ritz Crushed Haddock Tartar Sauce/Lemon Cranberry Rice Peas and Carrots Family Grain Bread Margarine Pears 1% Milk	18 Herbed Roasted Chicken Qtr. Acorn Squash Green Beans Marble Rye Margarine Orange Juice Carrot Cake 1% Milk	19 Spinach Grandioli Zucchini and Yellow Squash Tossed Salad with Shredded Carrot Ranch Dressing Italian Bread Margarine Fresh Fruit 1% Milk
22 Pork Roast Loin/LS Gravy Mashed Sweet Potato Peas and Onions Rye Bread Margarine Applesauce 1% Milk	23 Vegetable Barley Soup Unsalted Crackers Chicken Florentine Bowtie Noodles Carrots Wheat Dinner Roll Margarine Tropical Fruit 1% Milk	24 Beef and Bean Chili Zucchini Corn Biscuit Margarine Fresh Fruit 1% Milk	25 Light Crunch Fish Tartar Sauce/Lemon Bean Blend Whole Wheat Bread Margarine Baked Apple Slices 1% Milk	26 Eggplant Parmesan Parmesan Cheese Ziti/Sauce Tossed Salad with Cucumber and Italian Dressing Garlic Breadstick Cranberry Juice Oatmeal Cookie 1% Milk
29 Broccoli, Red Pepper and Sausage Penne Pasta Carrots Wheat Bread Margarine Fresh Fruit 1% Milk	30 Fish Sticks Tartar Sauce/Lemon Macaroni and Cheese Green Beans Dinner Roll Margarine Mixed Fruit Juice Pound Cake 1% Milk	31 Chicken Cacciatore Mashed Potato Roasted Squash Marble Bread Margarine Peaches 1% Milk		

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