



Monday	Tuesday	Wednesday	Thursday	Friday
2 Three Bean Beef Chili (3) Corn & Carrots (18) Corn Bread (28) Fruit Salad with Cottage Cheese (28)	3 Roasted Lemon Pepper Chicken (10) Steamed White Rice (21) Carrots (06) Green Salad (02) Sliced Pears (19) Cookie Bar (18)	4 Garlic Roasted Beef (00) Herb Mashed Potatoes & Gravy (25) Roll (16) Broccoli (04) Green Salad (02) Apple Crisp (67)	5 Savory Chicken Salad Wrap (18) Italian Pasta Salad (20) Kosher Pickle Spears (00) Diced Peaches (19)	6 Sloppy Joe (0) Fresh Hamburger Bun (15) Mixed Veggies (12) Pork and Beans (25) Cottage Cheese with Fruit (19)
9 Malibu Chicken with Honey Mustard Sauce (08) Au Gratin Potatoes (22) Green Beans (04) Fresh Baked Roll (16) Jell-O with Fruit (14)	10 Beef Taco Salad (05) Pinto Beans with Cheese (20) Green Salad (02) Salsa (02) Ranch (02) Applesauce (28) Tortilla Chips (18)	11 Kalua Pork (00) Hawaiian Rice (25) Broccoli (04) Pineapple Tidbits (07) Fresh Baked Rolls (15)	12 Swedish Meatballs (39) Quinoa (21) California Blend Veggies (04) Applesauce (28) Fresh Baked Roll (16)	13 Roast Turkey Breast (03) Mashed Potatoes & Gravy (25) Carrots (06) Roll (15) Mandarin Oranges (11) Cranberry Sauce (22) Pumpkin Bar (35)
16 Country Fried Steak (4) Mashed Potatoes & Gravy (27) Mixed Vegetables (12) Fresh Baked Roll (16) Fresh Apple (28)	17 Oven Roasted Chicken (01) Over Quinoa (21) Green Peas (11) Fruit Cocktail (14) Cookie Bar (18)	18 Homemade Meatloaf (3) Garlic Mashed Potatoes & Gravy (30) Green Salad (02) Fresh Baked Roll (15) Apple (28)	19 Fish Filets with Tartar Sauce (15) Potato Wedges (18) Mixed Vegetables (12) Fresh Orange (12) Fresh Baked Roll (16)	20 Beef and Vegetable Stew (14) Garden Salad (02) Corn Bread (33) Apple Crisp (67)
23 Honey Baked Ham (00) Scalloped Potatoes (13) Diced Beets (06) Roll (16) Peaches (19)	24 NO MEAL 	25 Merry Christmas  NO MEAL	26 Beef Stroganoff over Rice (34) Carrots (06) Apple Crisp (67) Garden Green Salad (02)	27 Oven Roasted Pork (00) Diced Beets (06) Loaded Mashed Potatoes (15) Fruit Cocktail (14) Fresh Baked Roll (16)
30 Teriyaki Beef Bowl (8) Steamed Rice (21) Steamed Broccoli (04) Pineapple (28) Fresh Baked Roll (16)	31 No Meal 	Low fat milk (12) is provided with each meal Suggested donation \$4/meal	Number in parentheses represent carbohydrate count (Menu subject to change)	Please call to cancel the meal by 2:00pm the day before. (801) 229-3802