



DECEMBER 2022



			THURSDAY 1*	FRIDAY 2*
<i>L F Milk Served w/Each Meal Can Fruit in Light Syrup WW= Whole Wheat GC=Green Chili RC=Red Chili HM = Honey Mustard</i>	<i>Senior Meal Suggested Donation Lunch \$2.00 Under 60 years \$6.00 Menu Subject to Change Lunch Service From 11:30am to 12:30 pm Mon - Fri</i>		Hearty Beef Stew w/Potatoes, Celery, Carrots, and Onions Biscuit w/Margarine Fruit	BBQ Chicken Breast Roasted Red Potatoes Steamed Veggies WW Roll w/Margarine Fresh Melon
MONDAY 5	TUESDAY 6	WEDNESDAY 7*	THURSDAY 8*	FRIDAY 9*
Pulled Pork Sandwich w/Lettuce and Tomato Chili Beans Steamed Veggies Fruit	BREAKFAST FOR LUNCH Sausage & Egg Scramble,GC Gravy Stewed Tomatoes Biscuit w/Margarine Fresh Grapes	Pork Posole Steamed Zucchini & Onions Flour Tortilla Chilled Fruit Oatmeal Raisin Cookie	RC Bean & Cheese Enchilada Spanish Rice Chuckwagon Corn Shredded Lettuce and Tomato Fruit (Meatless Meal)	Spaghetti w/ Meat Sauce Steamed Veggies Garden Salad w/LF Dressing Breadstick Fruit
MONDAY 12*	TUESDAY 13	WEDNESDAY 14*	THURSDAY 15*	FRIDAY 16
Salisbury Steak w/Mushroom Gravy Parlied Potatoes Steamed Veggies Biscuit w/Margarine Fruit	Chef's Salad w/Turkey, Ham, Tomato, Cheese & Egg Croutons Club Crackers Fruit Vanilla Pudding	Southwest Tater Tot Casserole w/Mixed Veggies Steamed Veggies Biscuit w/Margarine Chilled Fruit	Glazed Ham & Whp Swt Potato Brussels Sprouts w/Cheese Sauce Garden Salad w/LF Dressing Sweet Roll w/Margarine Jell-O w/Cranberries Holiday Luncheon	Fish Filet Rice Pilaf Steamed Veggies Coleslaw WW Roll w/Margarine Fruit
MONDAY 19*	TUESDAY 20*	WEDNESDAY 21*	THURSDAY 22*	FRIDAY 23
Country Fried Steak Mashed Potatoes w/Gravy Steamed Mixed Vegetables Biscuit w/Margarine Fruit	Chicken Pot Pie Steamed Veggies Garden Salad w/LF Dressing WW Roll w/Margarine Fresh Fruit	Meatloaf Mashed Potatoes& Gravy Steamed Mixed Veggies WW Roll w/Margarine Fruit	Cranberry Maple Chicken Stuffing and Gravy Steamed Veggies Biscuit w/ Margarine Fruit	<u>Merry Christmas</u> <u>All Centers Closed</u>
MONDAY 26	TUESDAY 27*	WEDNESDAY 28	THURSDAY 29*	FRIDAY 30
<u>Merry Christmas</u> <u>All Centers Closed</u>	Breaded Chicken Sandwich w/ Cheese, Lettuce, Tomato Roasted Red Potatoes Steamed Veggies Coleslaw Fruit	Frito Pie w/Beef and Pinto Beans Chuckwagon Corn Shredded Lettuce/Tomato Flour Tortilla Fruit	Pork Chop w/Gravy Steamed Veggies Garden Salad w/LF Dressing WW Roll w/Margarine Fruit	Roasted Top Round Mashed Potatoes and Gravy Steamed Broccoli Garden Salad w/ LF Dressing WW Roll W/Margarine Cherry Cobbler

FINAL