

Senior Lunch Menu: Nov 25 - Dec 6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>25. Honey Grilled Ham, Fried Rice, Broccoli, Pineapple</p>	<p>26. Cod Florentine, Baked Potato, Creamed Spinach, Dinner Roll, Melon, Cookie</p>	<p>27. Lemon Dill Chicken Salad Wraps, Pasta Salad, Peaches, Brownie</p>	<p>28. CLOSED-HAPPY THANKSGIVING</p>	<p>29. CLOSED-DAY OF REST</p>
<p>Dec 2. Korean Beef Bowl, Rice, Snap Peas, Melon, Yogurt</p>	<p>3. Potato Leek Soup, Dinner Roll, Spinach Salad with Peas and Croutons, Melon, Yogurt</p>	<p>4. Chicken Marinara, Creamy Polenta, Italian Salad, Pineapple, Yogurt, Jello</p>	<p>5. Hungarian Mushroom Soup, Chicken, Garden Salad with Croutons, Roll, Oranges, Sorbet</p>	<p>6. Parmesan Lemon Chicken, Roasted Potatoes, Green Beans, Saltines, Grapes, Yogurt, Brownie</p>

Fun Food Fact:

Pound cakes don't weight a pound?

Roughly half a kilo (~1.1lbs) sounds about right for the weight of one of these cakes, but the name doesn't have anything to do with the state of its final product. Back when the dessert was invented, its recipe called for a pound of butter, sugar, eggs and flour to be mixed together.

Visit eatfirst.com for more fun food facts.



**All meals
are served
with milk.**