



SENIOR LUNCH MENU

December 2019



Monday	Tuesday	Wednesday	Thursday	Friday
2 Stuffed Peppers , Green Beans, Stewed Tomatoes, Birthday Cake	3 Jefferson Noodles, Italian Meat sauce, Caesar Salad, Fresh Fruit	4 Chicken Rice Caserole, Corn O'Brien, Carrots, Tropical Fruit Salad	5 Turkey Croquette, Parmesan Potatoes, Confetti Coleslaw, Cake	6 Lemon Pepper Chicken w/gravy, Cheesy Spinach, Squash Medley, Fruit Trifle
9 Pepper Steak w/ gravy, Rice Pilaf, Vegetable Medley, Chocolate Chip Cookie, Fruit	10 Cornflake Chicken, Macaroni & Cheese, Zucchini & tomatoes, Strawberries w/topping	11 Turkey w/gravy, Yam Patties, Cheesy Spinach, Fruit Salad Chocolate Chip cookie	12 Maple Glazed Pork Chop, Baked Potato/cheese sauce, Broccoli, Fruit Cobbler	13 Beef Piccata, Mashed Potatoes w/gravy, Greens, Pineapple/ Assort. Cakes
16 Dixie Chicken, Black Eye Peas, Mixed Vegetables , Cake w/ frosting	17 Honey Glazed Turkey, Parmesan Potatoes, Succotash, Fruit Crisp	18 Beef Stroganoff, Jefferson Noodles, Carrots, Peaches, Pound Cake	19 Tuna and Cheese Lasagna, Tossed Salad w/dressing, Baked Apples , Cookie	20 Meatloaf, Mashed Potatoes/ gravy, Brussels Sprout, Fresh Fruit, Peanut Butter Cookie
23 Italian Pork Chop, Pinto Beans, Savory Spinach, Berry Cup	24 CENTER CLOSED 	25 CENTER CLOSED 	26 CENTER CLOSED 	27 Honey Glazed Turkey, Sweet Potatoes, Green Beans, Berry Trifle
30 Sliced Roast Beef, Mashed Potatoes, Gravy, Broccoli, Assort. Cakes	31 Fiesta Pork Chop, Rice, Black Eye Peas, Berry Trifle			

Healthy Tip of the Month

Watch Portion Sizes

Do you know if you're eating the proper portion size? Get out the measuring cups and see how close your portions are to the recommended serving size. Use half your plate for fruits and vegetables and the other half for grains and lean meat, poultry, seafood or beans. To complete the meal, add a glass of fat-free or low fat milk or a serving of fat free yogurt for dessert. Visit www.choosemyplate.org

All meals are served with a choice or 2% or Skim Milk and Diner Roll

