




Monday	Tuesday	Wednesday	Thursday	Friday
<b>Fish Creole</b> <u>2</u> LS Red Beans *Creamy Coleslaw Pear or Plum Warm Whole Grain Tortilla	<b>Chicken Dijon</b> <u>3</u> Herb Zucchini & Green Beans **Carrots (HDM only) ***Chopped Salad w/Kale, Lettuce, Cucumber, Carrots Fresh Fruit in Season <u>OR</u> Kiwi (HDM only) Whole Grain Roll	<b>Stuffed Bell Pepper</b> <u>4</u> (Ground Turkey, Barley) Mixed Vegetables Green Peas (HDM only) Romaine Salad w/Tomatoes Apple * [=] Orange Juice Dinner Roll	<b>Tuscan Bean Stew</b> <u>5</u> (LS Beans, Mushrooms, Carrots, Celery) Roasted Cauliflower **Spinach Salad *Orange Whole Grain Roll	<b>Korean BBQ (Beef)</b> <u>6</u> <b>w/BBQ Sauce</b> Sauté Zucchini w/Sesame Seeds ***Broccoli Salad w/sliced Radish Pineapple Herbed Brown Rice
<b>Savory Beef Stew</b> <u>9</u> (not ground beef) (Carrots, Celery, Onion**) Mashed Potatoes Roasted Brussels Sprouts *Orange Whole Grain Roll or Bread	<b>Turkey Vegetable</b> <u>10</u> <b>Stir-Fry</b> (LS Turkey, Broccoli, Bamboo Shoots, Water chestnuts) Green Peas (HDM only) *Cabbage, Cucumber, Radish Salad w/Sesame Dressing Poached Ginger Pear Lo Mein Noodles Whole Grain Bread	<b>Caribbean Chicken</b> <u>11</u> LS Black Beans Corn ***Carrot, Bell Pepper, Celery Salad Fresh Fruit in Season Brown Rice Pilaf	<b>Bolognese w/</b> <u>12</u> <b>Whole Grain Penne Pasta</b> (Ground Turkey, Tomato sauce) Herbed Zucchini & Yellow Squash Cauliflower (HDM only) Caesar Salad w/Croutons Fruit Cup (Apple & Melon) * [=] Orange Juice	<b>Fish &amp; Chips</b> <u>13</u> **Roasted Sweet Potato Wedges Peas & Carrots (HDM only) *Coleslaw Fresh Peach or Plum Whole Grain Roll or Bread Tapioca Pudding
<b>Southwest Shredded</b> <u>16</u> <b>Chicken</b> LS Pinto or Black Beans Yellow Squash (HDM only) *Shredded Cabbage, Mixed Salad Greens, Radish Fresh or Unsweetened Peaches or Melon Whole Grain Tortilla	<b>Shepherd's Pie</b> <u>17</u> (Ground Beef) Mashed Potatoes **Carrots Corn (HDM only) Mixed Salad Greens *Kiwi Whole Grain Roll	<b>Baked Fish Almondine</b> <u>18</u> Green Beans w/Herbs ***Spinach Salad w/Kale, Bell Pepper, Cucumber Barley w/Herbs Yogurt Parfait with Fruit in Dessert (Berries)	<b>Cashew Chicken</b> <u>19</u> Green Peas LS Beet & Mandarin Orange Salad* Fresh Fruit in Season Brown Rice	<b>Garden Vegetable Lasagna</b> <u>20</u> (2 eggs w/ Tofu OR White Beans (mashed), Ricotta, Zucchini & Mushrooms, Parmesan, Whole Grain Lasagna Pasta) Broccoli** Cauliflower, Italian Beans (HDM only) Caesar Salad *Cantaloupe or Orange
<b>Christmas Menu</b> <u>23</u> <b>Roast Turkey w/Gravy</b> **Whipped Sweet Potato Green Beans w/almonds OR Asparagus Ambrosia Salad (Apples, Celery & Walnuts) * [=] Orange Juice Whole Grain Roll Apple Pie	<u>24</u> <u>25</u> <i>Closed for the Holidays</i> Christmas Eve  Christmas Day  Day after Christmas 			<u>26</u> <b>Meatloaf w/LS Gravy</b> <u>27</u> Ground Beef) Garlic Mashed Potatoes Roasted Brussels Sprouts *Orange Whole Grain Roll
<b>Salmon w/Dill sauce</b> <u>30</u> Green Beans LS Black Beans (HDM only) Chopped Mixed Salad w/Spinach, Kale, Bell Pepper	<b>New Year's Eve Menu</b> <u>31</u> <b>Chicken Marsala</b> [=] Baked Potato **Winter Squash Mixed Salad Greens Fresh Fruit in Season * [=] Orange Juice	January <u>1</u> Closed New Year's Day 	<b>Department of Aging requirements:</b> Lunch meets 1/3 requirement for the Recommended Daily Allowance. * Meets Vitamin C requirement **Meets Vitamin A requirement ***Meets Vitamin A & C [=] Potassium-rich Home Delivered Meals - (HDM only) Suggested donation - \$3.00 per meal	