

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Center Open TUES., THURS., FRI. 1:30pm-3:30pm	1 COOK'S CHOICE	2 Ham & Cheese Sub w/ Lettuce, Tomato, Pickle Baked Chips Macaroni Salad Fresh Fruit, Ice Cream
5	6 Meatloaf Au Gratin Potatoes Peas Whole Wheat Roll Fruit Salad w/ tomatoes TC	7	8 Baked Fish w/ garlic butter Rice Pilaf Brussel Sprouts Fruit Cookie	9 Swedish Meatballs Egg Noodles Candied Carrots Fresh Fruit Tossed Salad
12	13 Cheeseburger Soup Breadstick Celery Sticks w/ dip Fresh Fruit	14	15 Oven Fried Chicken Scalloped Potatoes Kale Fruit	16 Baked Ham w/ pineapples Sweet Potatoes Green Beans Fresh Fruit Whole Wheat Roll, Brownie
19	20 Stuffed Pepper Soup Garlic Bread Mixed Greens Salad Fruit	21	22 Chef Salad Whole Wheat Roll Fresh Fruit Dessert	23 Pork Chop w/ gravy Stuffing White Beans & Spinach Fresh Fruit
26	27 Oven Roasted Turkey w/ Gravy Baby Bakers Broccoli Fruit	28	29 Chicken Cornbread Casserole Asparagus Spinach Salad w/ Beets Fresh Fruit	30 HOLIDAY MEAL Pizza Italian Veggies Corn Fruit, Cottage Cheese Dessert
THE OLDER AMERICANS ACT NUTRITION PROGRAM – Please give whatever you can; help us help others.				