


All meals include milk.

THE OLDER AMERICANS ACT NUTRITION PROGRAM – Please give whatever you can; help us help others.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Polish Sausage/ Bun Baked Fries White Beans & Spinach Fruit Carrot Raisin Salad	2 Tomato Soup w/ Crackers Grilled Cheese Sandwich Cauliflower Baked Apples Side Salad w/ Diced Ham	3 Burrito Bowl w/ Chicken, Brown Rice, Beans, Tomato, Mexican Corn, Cheese Marinated Black Bean Salad Fruit	4 Chicken Tenders Scalloped Potatoes Butter beans Fruit	5 Spaghetti w/ Meatballs Garlic Bread Broccoli Side Salad Applesauce
8 Minestrone Soup Turkey Sandwich Kale Fruit Wheat Crackers	9 Salisbury Steak w/ Gravy Mashed Potatoes Lima Beans Fruit Whole Wheat Roll Dessert	10 Baked Lemon Pepper Fish Vegetable Rice California Blend Fruit Cookie	11 BBQ Chicken Corn Baked Beans Fruit Macaroni Salad	12 Meatloaf Au Gratin Potatoes Green Beans Whole wheat Roll Fruit
15 Beef Stroganoff w/ Egg Noodles Asparagus Cooked Carrots Fruit Graham Crackers	16 Chef Salad Fruit Whole Wheat Roll	17 Country Fried Steak w/ White Gravy Mashed Potatoes Peas Fruit	18 CHRISTMAS MEAL Baked Ham w/ Pineapples Sweet Potatoes Green Beans Whole Wheat Roll Apple Pie TC	19 Oven Fried Chicken Rice Pilaf Spinach Fruit
22 COOK'S CHOICE	23 BBQ Beef Riblet Macaroni & Cheese Mixed Vegetables Coleslaw Fruit	24 CLOSED NO MEAL SERVICE	25 CLOSED MERRY CHRISTMAS!	26 CLOSED NO MEAL SERVICES
29 Salmon Cake Black Beans & Brown Rice Brussel Sprouts Fruit Carrot Sticks w/ dip Dessert	30 Pizza Burger / Bun Sweet Potato Fries Italian Veggies Fruit Cottage Cheese	31 Pork Chop w/ Sauerkraut Boiled Potatoes Collard Greens Fruit Cornbread	Center is open Monday-Friday 8am-2pm Ages 60 and older	

If schools are closed due to road conditions, senior centers and meal services are closed. If schools are on a 2 hour delay, we will be open.

If schools are dismissing early, we will be closed.

MENU IS SUBJECT TO CHANGE