






December 2023 – Traditional Menu

Mon	Tue	Wed	Thu	Fri
<u>Meat Substitute Meal</u> Grilled Chicken Tenders Broccoli Vegetable Medley Roll Fruit Fruit Gelatin	<u>Vegetable Substitute Meal</u> Pinto Beans Broccoli Vegetable Medley Roll Fruit Fruit Gelatin			1 Beef Goulash Vegetable Medley Black Beans Cinnamon Peaches Fruit Gelatin Fruit
4 Carved Ham Squash Casserole Cabbage Potato Salad Fruit Cake Square	5 Shepherd's Pie Stewed Tomatoes Corn Broccoli Cauliflower Salad Fruit Gelatin Fruit	6 Baked Mac & Cheese Pinto Beans Collard Greens Carrot Raisin Salad Fruit Cornbread	7 Beef Stew Vegetable Medley Spinach Fruit Waldorf Salad Brownie	8 Stir-fried Chicken over Rice Broccoli Roasted Sweet Potatoes Wheat Roll Fruit Gelatin
11 Cuban Chicken Green Beans Corn Macaroni Salad Fruit Applesauce	12 Baked Fish w/ Lemon Sauce Vegetable Medley Broccoli Coleslaw Fruit Tropical Fruit Whip	13 Meatloaf w/ Ketchup Glaze Mashed Potatoes Carrots Wheat Roll Fruit Fancy Apple Salad	14 Chicken & Dumplings Cabbage Turnip Greens Carrot Raisin Salad Fruit Fruit Cocktail	15 Turkey Sausage Biscuit Scrambled Eggs Hashbrowns Sliced Tomatoes Pineapple Delight Fruit
18 Chicken Ranch Casserole Corn Green Peas Wheat Roll Sweet & Sour Coleslaw Fruit	19 Baked Spaghetti Spinach Vegetable Medley Beets Fruit Applesauce	20 Pork Loin Cabbage Casserole Green Beans Coleslaw Fruit Brownie	21 Chicken & Biscuit Pie Vegetable Medley Carrots Pea Salad Fruit Cocktail Fruit	22 Chicken Cordon Bleu  Sweet Potatoes Green Bean Casserole Wheat Roll Fruit Gelatin Chocolate Chess Pie 
25 	26 <div style="border: 1px solid black; padding: 10px; text-align: center;"> Our Office will be CLOSED Monday & Tuesday, Dec. 25 & 26 for Christmas </div> 	27 Turkey Tetrazzini Corn Green Beans Spinach Salad Fruit Fruit	28 Beef Tips over Rice Broccoli Cinnamon Apples Cornbread Coleslaw Fruit	29 Pork Loin w/ Mustard Glaze Collard Greens Black-Eyed Peas  Cornbread Fruit Gelatin Orange Slices 