

Soup And Salad Bar Wednesdays only at Senior Center
 No eligible individual shall be denied participation due to inability to pay

Dec 2018



High in Sodium –

Meals are Prepared with Low Sodium

Nutrient of the Month:

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| <p>3 Pulled Pork San/wheat bun Spinach Sal/tomato/cucumber Seasoned Corn Applesauce Bran muffin Milk</p> | <p>4 Turkey and rice Casserole Green Sal/carrot/tomato California Blend Veg Apricots Wheat bread/Margarine Milk</p> | <p>5 Szechwan chicken/Cashews Mixed greens/tomato/cucumber Stir fry Vegetables Fresh Orange Slices Ginger Rice Wheat bread/margarine Milk</p> | <p>6 Beef Pot Roast/Egg Noodles Spinach Sal/carrot/tomato Mashed Potato/Gravy Peaches Wheat bread/Margarine Milk</p> | <p>7 Lemon Pepper chicken Mixed greens/green bell/tom Bahama blend Vegetable Fresh Apple Rice Pilaf Wheat bread/Margarine Milk</p> |
| <p>10 Beef Stew/Barley rice Green Sal/carrot/tomato Green Beans Cinnamon pears Wheat bread/Margarine Milk</p> | <p>11 Parmesian chicken breast Spinach Sal/carrot/ tomato Italian Blend Vegetable Pineapple Garlic egg noodles French bread Milk</p> | <p>12 Egg Bake/bell pep/Mushroom Mixed greens/onion/tomato California Blend Vegetable Fresh watermelon Black beans/rice Wheat bread/margarine Milk</p> | <p>13 Spaghetti and Meat Sauce Green Sal/carrot/Cucumber Bahama Blend Vegetable Tropical fruit Bran Muffin French bread/Margarine Milk</p> | <p>14 Roasted Turkey/gravy Mixed greens/cucumber/tom Peas & Carrots Fresh Orange Penne Pasta Wheat bread/Margarine Milk</p> |
| <p>17 Scalloped Chicken/Brown rice Spinach Sal/cucumber/tomato California Blend Vegetable Apricots Wheat bread/Margarine Milk</p> | <p>18 Brunswick Pork and chicken Mixed Greens/bell/tomato Seasoned Green Beans Fresh pear Brown rice and broccoli Wheat bread/Margarine Milk</p> | <p>19 Apple currant cupcake Turkey Tetrazzini/Penne pasta Green Sal/carrot/cucumber/Tomato Italian Blend Vegetable Tropical Fruit Wheat bread/Margarine Milk</p> | <p>20 Hot Roast Beef Sandwich Coleslaw Green Salad/carrots/Tomato Fresh Orange Cinnamon Walnut muffin Milk</p> | <p>21 Apple currant cupcake Orange Glazed Ham Spring/strawberry/walnut sal Glazed sweet potatoes Hot Buttered Apples Whole wheat Roll Milk</p> |
| <p>24 Closed SUGGESTED CONTRIBUTION Dine in Site \$4.50 Meals on Wheels \$4.50 Under 60 \$6.00</p> | <p>25 Closed SUGGESTED CONTRIBUTION Dine in Site \$4.50 Meals on Wheels \$4.50 Under 60 \$6.00</p> | <p>26 Sweet and Sour pork Spinach Sal/Walnut/strawberry Peas and Carrots Pineapple Wheat bread/Margarine Milk</p> | <p>27 Lasagna Mixed Green/cucumber/tom Italian Blend Vegetable Apricots French bread/margarine Milk</p> | <p>28 Teriyaki Chicken Green Sal/carrot /tomato Stir fry Vegetables Peaches Wheat bread/Margarine Milk</p> |
| <p>31 Chicken Fried Steak Wheat bread/Margarine Seasoned Corn Pears Mashed potato/Gravy Bran Muffin Milk</p> | <p>Senior Center Mon, Wed.-Fri 12:00 533-2622 Jamestown Mon & Wed 533-2622 Groveland Thurs 962-7303 "MENU SUBJECT TO CHANGE"</p> | <p>Senior Center Mon, Wed.-Fri 12:00 533-2622 Jamestown Mon & Wed 533-2622 Groveland Thurs 962-7303 "MENU SUBJECT TO CHANGE"</p> | <p>Senior Center Mon, Wed.-Fri 12:00 533-2622 Jamestown Mon & Wed 533-2622 Groveland Thurs 962-7303 "MENU SUBJECT TO CHANGE"</p> | <p>SUGGESTED CONTRIBUTION Dine in Site \$4.50 Meals on Wheels \$4.50 Under 60 \$6.00</p> |

