

2023

\$3.00 Suggested Donation

December

SERVING SIZES
Grains – 2 ounces
Vegetables – 1/2 cup **Fruits – 1/2 cup**
Protein – 3 ounces **Dairy – 1 cup**

Lunch is served at 11:30am

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	<p>\$3.00 Suggested Donation Please call our Dining room 24 hours in advance</p>	<p>All menu items may contain nuts, seeds, beans, wheat bran, and other allergens</p>		<p>1 Split Pea soup Potato crusted fish Mixed vegetables Spanish rice Roll Pineapple chunks Roast beef w/ roll</p>
<p>4 Roasted cauliflower soup Meatball sandwich Roasted Yellow squash Mediterranean rice salad Sliced cake Roll Egg salad on wheat</p>	<p>5 Fresh fruit cup Texas style chili Tossed salad White rice Corn muffin Oatmeal cookie Seafood salad sandwich</p>	<p>6 Tomato navy bean soup French onion baked chicken Sweet potato Broccoli florets Oatmeal raisin cookie Roll Turkey & Swiss cheese</p>	<p>7 Minestrone soup Salisbury steak w/ gravy Mashed potato Baby carrots Ww Roll Sliced peaches Chicken salad plate</p>	<p>8 Corn chowder Beef w/ broccoli & mushrooms Roasted potato Green beans Roll Cookies Chicken Waldorf salad</p>
<p>11 Tomato soup Sausage & pepper sandwich Green beans salad Chips Whole Wheat roll Sliced pears Turkey & Swiss</p>	<p>12 Mushroom barley soup Sauteed beef w/ mushroom gravy Mashed potatoes Zucchini w/ tomatoes Ww Roll Cake Corned beef on rye</p>	<p>13 Escarole bean & sausage soup Veal patty parmesan Wax & green beans Spanish rice Ww Roll Fruit Chicken Waldorf salad plate</p>	<p>14 Cream of broccoli soup Maple glazed pork tenderloin Rice pilaf Roasted vegetables Roll Apple slices Tuna salad plate</p>	<p>15 Chicken soup Sloppy joe Cole slaw Pasta salad Ww roll Cake Roast beef sandwich</p>
<p>18 Vegetable soup Swedish meatballs Mashed potatoes Baby carrots Fruit Seafood salad sandwich</p>	<p>19 Tomato soup Roasted chicken thighs Sweet potatoes Peas / Cookie Ww Roll Chicken Sandwich</p>	<p>20 Vegetable lentil soup Baked manicotti Roasted potato Mixed vegetables Ww roll – Fruit Chicken salad on rye</p>	<p>21 FREE Christmas Lunch Italian wedding soup Holiday ham w/ gravy Green bean casserole Mashed potatoes Roll – cup cakes Ham & cheese sandwich</p>	<p>22 Fruit cup Scrambled eggs Bacon & Sausage Home fries Blueberry muffin</p>
<p>25 CLOSED Merry Christmas </p>	<p>26 Chicken soup Pub burger w/ cheese Cole slaw Potato wedges Ww roll Jello- Tuna salad plate</p>	<p>27 Potato & leek soup Chicken teriyaki Vegetable fried rice Stir fry vegetables Fruit Tossed salad w/ chicken</p>	<p>28 Minestrone soup Meatloaf w/ gravy Mashed potatoes Corn - roll Cake Chef salad</p>	<p>29 Fresh fruit Cheese omelet Home fries Sliced ham Baked beans Apple muffin</p>

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