December



Reservations & Cancellations:

Please call (209) 365-0572, up to **7 days** in advance if you would like to join us for lunch. Please call at least **24 hours** in advance to cancel your reservation, or cancel your Home Delivered Meal.

		senior center		Home Delivered Meal.	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
2	3	4	5	6	
Beef Chili	Creamy Veggie Pasta	Beef Stroganoff	Chicken & Dumplings	Cajun Cod	
Cheese, Onion	Peas & Spinach	Buttered Noodles	~*Mixed Vegetables	Rice Pilaf	
Sour Cream	Brussle Sprout	~Steamed Carrots	Tater Tots	~Butternut	
Baked Potato	Italian Bean Salad	Roll w/Butter	Whole Grain Cracker	Squash & Broccoli	
~Spinach	Garlic Bread	*Fresh Orange	*Mixed Berry Crisp	Crispy Green Beans	
Roll w/Butter	*Kiwi	1% Chocolate Milk	Apple	*Pineapple	
*Cantaloupe	1% Milk		1% Milk	1% Milk	
1% Milk	VEG				
9	10	11	12	13	
Beef Stew	Pulled Pork Sandwich	Chicken Cordon Bleu	Teriyaki Beef	Holiday Luncheon	
Carrot,Onion Celery	Whole Wheat Bun	Mash Potato	Brown Rice	Sliced Ham ^S	
Mash Potato	~Sweet Potato Fries	Green Beans	~Steamed Carrots	Scalloped Potato	
Broccoli	Brussel Sprout	Roll w/Butter	Pork Egg Roll	~*Mixed Veggies	
Roll w/Butter	Coleslaw	*Strawberries	*Pineapple	Roll w/ Butter	
*Cantaloupe	*Mandarin	1% Milk	Fortune Cookie	Mandarin	
1% Milk	1% Chocolate Milk		1% Milk	Apple Pie	
				1% Milk	
16	17	18	19	20	
		1	1	1	
Salisbury Steak	Spaghetti w/	Minestrone Soup	Chicken Fried Steak ^S		
Salisbury Steak Mash Potato	Spaghetti w/ Meat Sauce				
_		Minestrone Soup	Chicken Fried Steak ^S	Shrimp & Grits	
Mash Potato	Meat Sauce	Minestrone Soup ~Spinach	Chicken Fried Steak ^S Mash Potato	Shrimp & Grits Brussel Sprout	
Mash Potato Mushroom Gravy	Meat Sauce Steamed Broccoli	Minestrone Soup ~Spinach Roll w/ Butter	Chicken Fried Steak ^S Mash Potato Country Gravy	Shrimp & Grits Brussel Sprout Hush Puppies	
Mash Potato Mushroom Gravy ~*Mixed Veggies	Meat Sauce Steamed Broccoli Breaded Zucchini	Minestrone Soup ~Spinach Roll w/ Butter *Cantaloupe	Chicken Fried Steak ^S Mash Potato Country Gravy ~Steamed Carrots	Shrimp & Grits Brussel Sprout Hush Puppies Roll w/ Butter	
Mash Potato Mushroom Gravy ~*Mixed Veggies Roll w/Butter	Meat Sauce Steamed Broccoli Breaded Zucchini Garlic Bread	Minestrone Soup ~Spinach Roll w/ Butter *Cantaloupe Chocolate Pudding	Chicken Fried Steak ^S Mash Potato Country Gravy ~Steamed Carrots Roll w/ Butter	Shrimp & Grits Brussel Sprout Hush Puppies Roll w/ Butter	
Mash Potato Mushroom Gravy ~*Mixed Veggies Roll w/Butter Apple	Meat Sauce Steamed Broccoli Breaded Zucchini Garlic Bread *Strawberries	Minestrone Soup ~Spinach Roll w/ Butter *Cantaloupe Chocolate Pudding 1% Milk	Chicken Fried Steak ^S Mash Potato Country Gravy ~Steamed Carrots Roll w/ Butter *Orange	Shrimp & Grits Brussel Sprout Hush Puppies Roll w/ Butter *Kiwi	
Mash Potato Mushroom Gravy ~*Mixed Veggies Roll w/Butter Apple 1% Milk	Meat Sauce Steamed Broccoli Breaded Zucchini Garlic Bread *Strawberries 1% Chocolate Milk	Minestrone Soup ~Spinach Roll w/ Butter *Cantaloupe Chocolate Pudding 1% Milk VEG	Chicken Fried Steak ^S Mash Potato Country Gravy ~Steamed Carrots Roll w/ Butter *Orange 1% Milk	Shrimp & Grits Brussel Sprout Hush Puppies Roll w/ Butter *Kiwi	
Mash Potato Mushroom Gravy ~*Mixed Veggies Roll w/Butter Apple 1% Milk	Meat Sauce Steamed Broccoli Breaded Zucchini Garlic Bread *Strawberries 1% Chocolate Milk	Minestrone Soup ~Spinach Roll w/ Butter *Cantaloupe Chocolate Pudding 1% Milk VEG	Chicken Fried Steak ^S Mash Potato Country Gravy ~Steamed Carrots Roll w/ Butter *Orange 1% Milk 26	Shrimp & Grits Brussel Sprout Hush Puppies Roll w/ Butter *Kiwi 1% Milk	
Mash Potato Mushroom Gravy ~*Mixed Veggies Roll w/Butter Apple 1% Milk 23 Chicken & Broccoli	Meat Sauce Steamed Broccoli Breaded Zucchini Garlic Bread *Strawberries 1% Chocolate Milk	Minestrone Soup ~Spinach Roll w/ Butter *Cantaloupe Chocolate Pudding 1% Milk VEG	Chicken Fried Steak ^S Mash Potato Country Gravy ~Steamed Carrots Roll w/ Butter *Orange 1% Milk 26 Sausage & Tater Tot	Shrimp & Grits Brussel Sprout Hush Puppies Roll w/ Butter *Kiwi 1% Milk 27 Portuguese Beans	
Mash Potato Mushroom Gravy ~*Mixed Veggies Roll w/Butter Apple 1% Milk 23 Chicken & Broccoli Casserole	Meat Sauce Steamed Broccoli Breaded Zucchini Garlic Bread *Strawberries 1% Chocolate Milk 24 CLOSED	Minestrone Soup ~Spinach Roll w/ Butter *Cantaloupe Chocolate Pudding 1% Milk VEG	Chicken Fried Steak ^S Mash Potato Country Gravy ~Steamed Carrots Roll w/ Butter *Orange 1% Milk 26 Sausage & Tater Tot Casserole	Shrimp & Grits Brussel Sprout Hush Puppies Roll w/ Butter *Kiwi 1% Milk 27 Portuguese Beans Linguicia with	
Mash Potato Mushroom Gravy ~*Mixed Veggies Roll w/Butter Apple 1% Milk 23 Chicken & Broccoli Casserole ~*Mixed Veggies	Meat Sauce Steamed Broccoli Breaded Zucchini Garlic Bread *Strawberries 1% Chocolate Milk 24 CLOSED	Minestrone Soup ~Spinach Roll w/ Butter *Cantaloupe Chocolate Pudding 1% Milk VEG	Chicken Fried Steak ^S Mash Potato Country Gravy ~Steamed Carrots Roll w/ Butter *Orange 1% Milk 26 Sausage & Tater Tot Casserole ~Steamed Carrots	Shrimp & Grits Brussel Sprout Hush Puppies Roll w/ Butter *Kiwi 1% Milk 27 Portuguese Beans Linguicia with Pinto Beans	
Mash Potato Mushroom Gravy ~*Mixed Veggies Roll w/Butter Apple 1% Milk 23 Chicken & Broccoli Casserole ~*Mixed Veggies Crispy Green Beans	Meat Sauce Steamed Broccoli Breaded Zucchini Garlic Bread *Strawberries 1% Chocolate Milk 24 CLOSED	Minestrone Soup ~Spinach Roll w/ Butter *Cantaloupe Chocolate Pudding 1% Milk VEG	Chicken Fried Steak ^S Mash Potato Country Gravy ~Steamed Carrots Roll w/ Butter *Orange 1% Milk 26 Sausage & Tater Tot Casserole ~Steamed Carrots Mix Veggie Salad	Shrimp & Grits Brussel Sprout Hush Puppies Roll w/ Butter *Kiwi 1% Milk 27 Portuguese Beans Linguicia with Pinto Beans ~Collard Greens	
Mash Potato Mushroom Gravy ~*Mixed Veggies Roll w/Butter Apple 1% Milk 23 Chicken & Broccoli Casserole ~*Mixed Veggies Crispy Green Beans Roll w/Butter	Meat Sauce Steamed Broccoli Breaded Zucchini Garlic Bread *Strawberries 1% Chocolate Milk 24 CLOSED	Minestrone Soup ~Spinach Roll w/ Butter *Cantaloupe Chocolate Pudding 1% Milk VEG	Chicken Fried Steak ^S Mash Potato Country Gravy ~Steamed Carrots Roll w/ Butter *Orange 1% Milk 26 Sausage & Tater Tot Casserole ~Steamed Carrots Mix Veggie Salad Roll w/Butter	Shrimp & Grits Brussel Sprout Hush Puppies Roll w/ Butter *Kiwi 1% Milk 27 Portuguese Beans Linguicia with Pinto Beans ~Collard Greens Cornbread	
Mash Potato Mushroom Gravy ~*Mixed Veggies Roll w/Butter Apple 1% Milk 23 Chicken & Broccoli Casserole ~*Mixed Veggies Crispy Green Beans Roll w/Butter Apple	Meat Sauce Steamed Broccoli Breaded Zucchini Garlic Bread *Strawberries 1% Chocolate Milk 24 CLOSED	Minestrone Soup ~Spinach Roll w/ Butter *Cantaloupe Chocolate Pudding 1% Milk VEG	Chicken Fried Steak ^S Mash Potato Country Gravy ~Steamed Carrots Roll w/ Butter *Orange 1% Milk 26 Sausage & Tater Tot Casserole ~Steamed Carrots Mix Veggie Salad Roll w/Butter *Orange	Shrimp & Grits Brussel Sprout Hush Puppies Roll w/ Butter *Kiwi 1% Milk 27 Portuguese Beans Linguicia with Pinto Beans ~Collard Greens Cornbread Tater Tots	
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Mash Potato Mushroom Gravy ~*Mixed Veggies Roll w/Butter Apple 1% Milk 23 Chicken & Broccoli Casserole ~*Mixed Veggies Crispy Green Beans Roll w/Butter Apple 1% Milk	Meat Sauce Steamed Broccoli Breaded Zucchini Garlic Bread *Strawberries 1% Chocolate Milk 24 CLOSED	Minestrone Soup	Chicken Fried Steak ^S Mash Potato Country Gravy ~Steamed Carrots Roll w/ Butter *Orange 1% Milk 26 Sausage & Tater Tot Casserole ~Steamed Carrots Mix Veggie Salad Roll w/Butter *Orange	Shrimp & Grits Brussel Sprout Hush Puppies Roll w/ Butter *Kiwi 1% Milk 27 Portuguese Beans Linguicia with Pinto Beans ~Collard Greens Cornbread Tater Tots *Strawberries 1% Milk	

~*Mixed Veggies Breaded Zucchini Roll w/Butter Mandarin 1% Milk Mash Potato Brown Gravy Brussel Sprout Roll w/Butter *Strawberries 1% Milk

- ~ Vitamin A Source
- * Vitamin C Source **VEG** Vegetarian

^S Meal Contains >1000mg of sodium. Each meal meets 1/3 minimum daily nutritional requirements.