

# December Seniors' CHOICE menu 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
BOX			1	2	3
LUNCH			<b>Steak Hoagie w/ Gravy - 9302</b> <i>(ch b) pork cutlet w/ gravy ch7034</i> Potato Wedges Baked Beans Hoagie Bun Fresh Apple Diet: same	<b>Lemon Pepper Fish - 9033</b> <b>w/ Tartar Sauce</b> <i>(ch b) chicken tenders ch7009</i> <b>Brown Rice</b> Scandinavian Veggies (2 servings) Wheat Bread / Margarine Grape Juice 100% Diet: same	<b>Hamburger - 9071</b> <i>(ch b) sliced deli ham ch7005</i> <b>w/ Swiss American Cheese slice</b> <b>Potato Wedges</b> Broccoli Bun Pineapple Tidbits Mustard / Ketchup Diet: same
WEEK 6			Eat a Red Apple Day		
BOX	6	7	8	9	10
LUNCH	<b>Spaghetti &amp; Meatballs - 9035</b> <b>w/ Marinara &amp; Parmesan</b> <i>(ch b) turkey tetrazzini ch7062</i> Italian Vegetables Spinach / Vinegar Peaches Diet: same	<b>Pork Cutlet w/Gravy - 9003</b> <i>(ch b) chicken w/gravy ch7008</i> Green Beans Beets Wheat Bread / Margarine Oatmeal Cookie Strawberry Applesauce Diet: same	<b>Cinci-Style Chili - 9112</b> <b>w/ Spaghetti</b> <i>(ch b) roast beef w/gravy ch7025</i> Kidney Beans Wheat Bread / Margarine Broccoli Pears <b>Cheddar Cheese (ch A only)</b> <b>Oyster Crackers (ch A only)</b> <b>2 Wheat Bread / Margarine (ch b only)</b> Diet: same	<b>Fish Sticks w/ Tartar Sauce - 9028</b> <i>(ch b) macaroni &amp; cheese ch7065</i> Peas Potato Wedges Wheat Bread (2 slices) Margarine Apple Juice 100% Diet: same	<b>Swiss Steak - 9088</b> <b>w/ Tomatoes, Peppers, Onions</b> <i>(ch b) cheese omelet - ch7066</i> Carrots O'Brien Potatoes Wheat Bread (2 slices) Margarine Pineapple-Orange Juice 100% Diet: same
WEEK 7			Christmas Card Day		
BOX	13	14	15	16	17
LUNCH	<b>Chicken and Brown Rice</b> <b>w/ Gravy - 9023</b> <i>(ch b) beef &amp; rice w/gravy ch7041</i> Broccoli Diced Carrots Wheat Bread (2 slices) Margarine Mandarin Oranges Diet: same	<b>Turkey Tetrazzini - 9036</b> <b>w/ Peas and Mushrooms</b> <i>(ch b) veggie tetrazzini ch7058</i> <b>(not a vegetarian meal)</b> Brussel Sprouts Baked Cinnamon Apples Diet: same	<b>Smoked Turkey Sausage</b> <b>w/ Sauerkraut - 9054</b> <i>(ch b) meatloaf w/ gravy ch7015</i> Mashed Potatoes Green Beans Rye Bread (2 pcs) Fruit Cocktail Mustard / Ketchup Diet: same	<b>Beef &amp; Noodles - 9008</b> <b>(ch b) chicken &amp; noodles ch7037</b> w/ Gravy Green Beans Carrots Pineapple Tidbits Diet: same	<b>Meatloaf w/ Gravy - 9072</b> <b>(ch b) roast turkey w/ gravy ch7003</b> Mashed Potatoes Carrots Dinner Roll / Margarine Sponge Cake Fruit Punch 100% Diet: same
WEEK 1					
BOX	20	21	22	23	24
LUNCH	<b>Chicken Alfredo</b> <b>over Spaghetti - 9065</b> <i>(ch b) salmon croquette ch7050</i> Broccoli Carrots Baked Cinnamon Apples <b>1 Wheat Bread / Margarine (ch b only)</b> Diet: same	<b>CHRISTMAS CELEBRATION</b> <b>Cherry Glazed Ham - 9094X</b> <i>(ch b) chicken w/ cherry glaze ch7013</i> Sweet Potato Patties (2 patties) Peas Dinner Roll / Margarine Cranberry Juice Mini Chocolate Éclairs (2 ea) Diet Alt: Choc Sponge Cake	<b>Broccoli Cheddar Chicken - 9031</b> <b>(ch b) cheesy beef &amp; broccoli ch7042</b> Brown Rice Oregon Vegetables Corn Animal Crackers Pears Diet: same	<b>Salisbury Steak w/Gravy - 9029</b> <b>(ch b) baked fish ch7048</b> Whipped Sweet Potatoes Mixed Vegetables Wheat Bread (2 slices) Margarine Orange Juice 100% Diet: same	
WEEK 2					
BOX	27	28	29	30	31
LUNCH	<b>Swedish Meatballs - 9053</b> <b>(ch b) chicken &amp; gravy ch7027</b> Egg Noodles Broccoli Carrots Fruit Cocktail Diet: same	<b>turkey Ham &amp; Beans - 9062</b> <b>(ch b) chicken stew ch7022</b> Mixed Vegetables (2 servings) Cornbread Sponge Cake Mandarin Oranges Diet: same	<b>Country Fried Steak w/Gravy - 9063</b> <b>(ch b) roast pork loin w/ gravy</b> Potato Wedges Green Beans Wheat Bread (2 slices) Margarine Peaches Diet: same	<b>Chicken &amp; Potato Casserole - 9315</b> <b>(ch b) roast beef &amp; gravy ch7025</b> Broccoli (2 servings) Wheat Bread / Margarine Chocolate Chip Cookie Applesauce Diet: same	
WEEK 3					

Complete meal consists of: 3 oz. Protein, 2 servings of Vegetables (1/2 cup ea.), 1 serving of Fruit (1/2 cup) or Juice (4 oz.), 2 servings of Bread/Starch, and 8 oz. Milk (1/2 pint)