
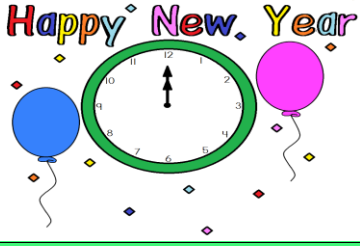










December 2023 Seniors' CHOICE menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Complete meal consists of at least: 2 oz. Protein, 1 cup of Vegetables, 1/2 cup of Fruit or Juice, 2 servings of Grains, and 8 oz. Milk (1/2 pint)</p>				<p>Smoked Turkey Sausage w/ Sauerkraut - 9055 <i>(ch b) meatloaf w/ gravy ch7016</i> Cheesy Mashed Potatoes Green Beans Rye Bread (2 pcs) Fruit Cocktail Mustard / Ketchup Diet: same</p>
4	5	6	7	8
<p>Chicken & Potato Casserole - 9315 <i>(ch b) roast beef & gravy ch7025</i> California Blend Vegetables (2 servings) Grape Juice 100% Wheat Bread (2 slices) Margarine Diet: same</p> 	<p>Cinci-Style Chili - 9112 w/ Spaghetti <i>(ch b) roast beef w/gravy ch7025</i> Kidney Beans Broccoli Cinnamon Applesauce Cheddar Cheese <i>(ch A only)</i> Oyster Crackers <i>(ch A only)</i> 2 Wheat Bread / Margarine <i>(ch b only)</i> Diet: same</p>	<p>Grilled Chicken w/ BBQ Sauce - 9049 <i>(ch b) hamburger ch7006</i> Green Beans Yellow Squash Bun Peaches Diet: same</p>	<p>Philly Beef Steak - 9102 <i>(ch b) turkey frank ch7010</i> Potato Wedges Vegetable Medley Swiss Cheese Bun Mustard Apple Juice 100% Diet: same Chanukah Begins</p> 	<p>Orange Chicken - 9105 <i>(ch b) baked fish - ch7048</i> Brown Rice Green Beans Carrots Wheat Bread / Margarine Mandarin Oranges Diet: same</p>
11	12	13	14	15
<p>Salisbury Steak w/ Mushroom Gravy - 9029 <i>(ch b) chicken w/gravy ch7008</i> Parsled Potatoes Mixed Vegetables Orange Juice 100% Wheat Bread (2 slices) Margarine Diet: same</p> 	<p>Chicken Tenders - 9061 <i>(ch b) baked fish ch7048</i> Brown Rice Green Beans Carrots Fruit Cocktail Wheat Bread / Margarine Margarine Diet: same</p>	<p>Roast Pork Loin w/ Gravy - 9115 <i>(ch b) chicken w/gravy ch7008</i> Brown Rice Vegetable Medley (2 servings) Wheat Bread / Margarine Peaches Diet: same</p>	<p>Fish Sticks w/ Tartar Sauce - 9028 <i>(ch b) macaroni & cheese ch7065</i> Peas Potato Wedges Baked Cinnamon Apples Wheat Bread / Margarine Goldfish Crackers Diet: same</p>	<p>Happy December Birthday! Cheese Lasagna - 9316 <i>(ch b) beef & noodles ch7052</i> Italian Vegetables Yellow Squash Fruit Punch 100% Sponge Cake Diet: same</p> 
18	19	20	21	22
<p>Hamburger - 9072 <i>(ch b) sliced deli ham ch7006</i> w/ Swiss American Cheese slice Potato Wedges Broccoli Bun Pineapple Tidbits Mustard / Ketchup Diet: same</p>	<p>Mediterranean Glazed Salmon - 9092 <i>(ch b) grilled chicken brst ch7026</i> Italian Vegetables Rosemary Garlic Redskin Potatoes Wheat Bread (2 slices) Margarine Pears Diet: same</p>	<p>CHRISTMAS CELEBRATION Cherry Glazed Ham - 9094X <i>(ch b) chicken w cherry glaze ch7013</i> Whipped Sweet Potatoes Peas Wheat Roll / Margarine Fruit Cocktail Mini Chocolate Eclairs (2 ea) Diet: Sponge Cake</p> 	<p>Swedish Meatballs - 9053 <i>(ch b) chicken & gravy ch7037</i> Egg Noodles Broccoli Carrots Peaches Diet: same</p>	<p>turkey Ham & Beans - 9062 <i>(ch b) chicken stew ch7022</i> Mixed Vegetables (2 servings) Cornbread Mandarin Oranges Wheat Roll / Margarine Diet: same</p>
25	26	27	28	29
	<p>Meatloaf w/ Gravy - 9072 <i>(ch b) roast turkey w/ gravy ch7003</i> Mashed Potatoes Carrots Wheat Bread (2 slices) Margarine Fruit Cocktail Diet: same</p> 	<p>Lemon Pepper Fish - 9033 w/ Tartar Sauce <i>(ch b) chicken tenders ch7009</i> Scandinavian Veggies (2 servings) Wheat Bread / Margarine Pears Diet: same</p>	<p>BBQ Beef - 9051 <i>(ch b) grilled chicken brst ch7026</i> Peas & Onions Brown Rice Potato Wedges Bun Peaches Diet: same</p> 	<p>Chicken Alfredo over Spaghetti - 9065 <i>(ch b) mediterranean glazed salmon ch7068</i> Broccoli Carrots Baked Cinnamon Apples 2 Wheat Bread / Margarine <i>(ch b only)</i> Diet: same</p>
	National Candy Cane Day		KWANZAA	