



Monday	Tuesday	Wednesday	Thursday	Friday
Beef Fajita 3 [peppers, onions] <i>Albondigas Soup</i> Warm Flour Tortilla [=]LS Pinto Beans Mesclun Mix Salad, Carrots ***Cantaloupe OR [=]*Orange OR Tangerine	Santa Fe Chicken 4 Brown Rice Pilaf Green Beans w/Pimento Roasted Corn Oatmeal Cookie [=]*Orange Juice	Hamburger 5 (lettuce, tomato, onion) [=]Tomato Basil Soup Whole Grain Bun [=]Baked Potato Wedges *Red and Green Coleslaw Banana	Caribbean Chicken 6 W/LS Black Bean Sauce Whole Grain Roll Green Peas w/Onions ***Carrot, Apple, Bell Pepper, Celery Salad Grapes or Pear	Turkey a La King 7 [mushrooms, celery] Parsley Noodles **Broccoli Mixed Green Salad w/Romaine, Radish *Pineapple and Mango Fruit Cup
Chicken Adobo 10 Brown Rice Butternut Squash or Sweet Potato** Green Beans w/Olive Oil Red Gelatin w/Assorted Fruit * [=]Orange Juice	Turkey & Curry Vegetables 11 [celery, corn, turnips] <i>Mushroom Soup</i> Whole Grain Roll Green Peas *** [=]Spinach Salad w/Kale, Bell Pepper, Cucumber Banana	BBQ Chicken 12 w/LS BBQ Sauce Cornbread **Herbed Carrots Mesclun Salad w/Beets, LS Garbanzo Beans * [=]Pineapple and Mandarin Fruit Cup	Lasagna w/Ground Beef 13 w/LS Tomato Sauce (Mozzarella Cheese) Pasta in Entrée Roasted Brussels Sprouts Mixed Salad Greens w/Radish Apple or Applesauce * [=]Orange Juice	Chicken Breast 14 w/Mushroom Cream Sauce Roll Mashed Potatoes Green Beans Salad w/ranch dressing Pie
Turkey Bolognese 17 w/LS Tomato Sauce Whole Grain Penne Pasta [=] Lentil Soup Herbed Zucchini & Yellow Squash Caesar Salad w/Romaine, Croutons, Parmesan *Pineapple and Mango Fruit Cup	Meatloaf 18 w/LS Mushroom Sauce (Ground Beef) Whole Grain Bread [=]Sage Mashed Potatoes **Broccoli ***Cantaloupe or ** [=] Orange or Tangerine	Baked Salmon 19 w/Dill Sauce [=]Minestrone Soup Brown Rice Pilaf Roasted Corn *** [=] Spinach Salad w/Kale, Bell Pepper, Cucumbers Apple	Oven Fried Chicken 20 Macaroni & Cheese Green Beans w/Herbs *Coleslaw Banana	Christmas Menu 21 Roast Turkey w/LS gravy Whole Grain Roll [=]Whipped Sweet Potato** Green Beans w/Almonds Lettuce & Tomato Salad Apple Pie * [=]Orange Juice
CLOSED 24 Christmas Eve Day	CLOSED 25 Christmas Day	CLOSED 26 Day after Christmas	Asian Beef Pepper Steak 27 Brown Rice **Mixed Asian Vegetables [broccoli, bamboo shoots, bell peppers, onions] *Beet Salad w/Mandarin Oranges Fresh Peach or Fresh Pear	Southwest Shredded 28 Chicken <i>Corn Chowder</i> Warm Tortilla LS Pinto Beans *Shredded Cabbage w/Tomato Banana
New Year's Eve Menu 31 Chicken Marsala Whole Grain Roll [=]Baked Potato [=]Winter Squash** Mixed Green Salad w/Blue Cheese Dressing Decorated Cake * [=]Orange Juice	JANUARY 1 CLOSED NEW YEAR'S DAY 		Department of Aging requirements * Meets Vitamin C requirement **Meets Vitamin A requirement ***Meets Vitamin A & C [=] Potassium-rich [+] High Sodium over 1000 mg Lunch meets 1/3 requirement for the Recommended Daily Allowance. Menu is subject to change without notice	

