

DECEMBER COLD LUNCH MENU

			Thursday, December 1	Friday, December 2
			Seafood salad & hard boiled egg platter Lettuce & tomato Marinated Green Bean salad w/almonds Berry applesauce	Turkey hoagie Lettuce, tomato and onion Potato salad Mandarin oranges
Monday, December 5	Tuesday, December 6	Wednesday, December 7	Thursday, December 8	Friday, December 9
Tuna Salad Platter Lettuce, tomato & hard boiled egg Broccoli salad w/craisins Fresh Orange	Egg salad platter Lettuce & tomato Summer salad (cucumber, onion, pepper, tomato) 3 bean salad Oatmeal cookie	Sliced chicken & cheddar pita Health salad Vegetable pasta salad Cinnamon Applesauce	House salad w/grilled chicken Fat free honey Dijon dressing Chopped veggies-cucumber slices, red onion, tomatoes Macaroni salad Fresh Pear	Southwest chicken salad Fat free ranch dressing Corn, black bean, pepper salad Marinated tomato salad Fruit cocktail
Monday, December 12	Tuesday, December 13	Wednesday, December 14	Thursday, December 15	Friday, December 16
Seafood salad & hard boiled egg platter Lettuce & tomato Marinated Green Bean salad w/almonds Fresh Peach	Chicken, tomato & mozzarella salad Italian dressing Marinated tomatoes Bowtie pasta salad Applesauce	Turkey salad platter Lettuce & tomato Pickled beet salad Carrot & raisin salad Mandarin oranges	Assorted Deli Sandwich (turkey, turkey ham, roast beef) Marinated Italian Veg salad White bean & tomato salad Cinnamon banana muffin	Spinach salad Cold couscous salad Pears
Monday, December 19	Tuesday, December 20	Wednesday, December 21	Thursday, December 22	Friday, December 23
Egg salad platter Lettuce & tomato Summer salad (cucumber, onion, pepper, tomato) 3 bean salad Sugar cookie	Grilled Chicken Caesar salad Greek chickpea salad Peaches	Tuna Salad Platter Lettuce, tomato & hard boiled egg Broccoli salad w/craisins Fruit cocktail	Salad topped with chicken salad 3 bean salad Marinated carrot salad Applesauce	Honey Dijon turkey & Swiss sandwich on whole wheat Homemade pasta salad Fresh Plum
Monday, December 26	Tuesday, December 27	Wednesday, December 28	Thursday, December 29	Friday, December 30
CHRISTMAS – CENTER CLOSED	Seafood salad & hard boiled egg platter Lettuce & tomato Marinated Green Bean salad w/almonds Berry applesauce	Turkey hoagie Lettuce, tomato and onion Potato salad Mandarin oranges	Asian chicken salad Mandarin oranges Sesame pasta salad w/peppers Cocoa Muffin	Roast Beef Special Cole Slaw Dill marinated cucumber salad Pears

DECEMBER HOT LUNCH MENU

			Thursday, December 1	Friday, December 2
			Teriyaki Fish Fried Brown Rice Asian blend vegetables (green bean, water chestnut, broccoli, carrot) Fresh Pear	Bowties w/Bolognaise Sauce Broccoli Carrots Fruit Cocktail
Monday, December 5	Tuesday, December 6	Wednesday, December 7	Thursday, December 8	Friday, December 9
Cheese Ravoli w/roasted red pepper sauce Spinach & carrots Cauliflower Fresh Peach	Sliced Turkey w/gravy Traditional Stuffing Cranberry glazed carrots Applesauce	Baked Fish w/lemon & capers Buttered parsley potatoes Mixed Vegetables (corn, green bean, peas, carrots) Mandarin oranges	BBQ Pork Marinated broccoli salad Corn Cinnamon banana muffin	Salisbury steak Mashed Potatoes Peas & onions Pears
Monday, December 12	Tuesday, December 13	Wednesday, December 14	Thursday, December 15	Friday, December 16
Garlic brown sugar chicken Apple glazed sweet potatoes Brussel sprouts Sugar cookie	Grilled Chicken Parm Rotini Sauteed spinach w/diced carrots Applesauce	Spanish Omelet Hashbrowns Pear Crisp Fresh Plum	Cheeseburger Meatloaf w/onions Potato wedges Marinated fresh green bean salad Peaches	Sesame Beef w/peppers Broccoli Brown Rice Fruit Cocktail
Monday, December 19	Tuesday, December 20	Wednesday, December 21	Thursday, December 22	Friday, December 23
Beef Stew Potatoes Peas Fresh Orange	Chicken w/white wine sauce Brown rice w/peas & carrots Green beans almondine Berry applesauce	Mushroom & Swiss burger Mashed potatoes Cole Slaw Mandarin oranges	Lasagna Broccoli, cauliflower & carrots Unsweetened Apples Cocoa Muffin	Chicken Alfredo Broccoli Penne Pears
Monday, December 26	Tuesday, December 27	Wednesday, December 28	Thursday, December 29	Friday, December 30
Swedish Meatballs Peas & Carrots Wide Noodles Fresh Orange	Teriyaki Fish Fried Brown Rice Asian blend vegetables (green bean, water chestnut, broccoli, carrot) Fresh Pear	Bowties w/Bolognaise Sauce Broccoli Carrots Fruit Cocktail	Chicken w/mustard cream sauce Balsamic Brussel sprouts w/craisins Roasted red potatoes Oatmeal cookie	Eggs Florentine Marinated tomato & onion salad Hashbrowns Cinnamon applesauce