






Call your local Senior Center to Confirm the menu for the day

December

HBF

Monday	Tuesday	Wednesday	Thursday	Friday
1 4oz Sloppy Joe 1/2c Country Greens 1/2c Sweet Potato Bites Hamburger Bun Oatmeal Cream Pie	2 Roasted Honey Garlic Pork Loin 1/2c Steamed Broccoli 1/2c White Rice 1 Fresh Fruit Dinner Roll 	3 3oz Kielbasa with 1oz Kraut 1/2c mashed potatoes 1/2c California Blend Vegetables 1/2c Applesauce Hot Dog Bun	4 Turkey Chef Salad (2oz Turkey, 1oz Cheddar, over 1c Mixed Greens w/ Tomato) 1c Vegetable Soup 1 Whole Wheat Bread 1 Piece Cake	5 Call your local Senior Center for Meal information
8 3oz Salisbury Steak with 2oz Gravy 1/2c Whipped Potatoes 1/2c Peas Dinner Roll Gelatin 	9 3/4c Pasta and Meatballs (4) with 2oz Marinara Sauce 1c Tossed Salad w/ Tomato Garlic Breadstick Fresh Fruit	10 Creamy Chicken Tortellini (3oz Chicken, 1/2c Tortellini) 1/2c Green Beans 1 Fresh Fruit Whole Wheat Bread 	11 Cheeseburger 1/2c Tator Tots 1c Tossed Salad w/ Tomato 1/2c pineapple Hamburger Bun	12 Call your local Senior Center for Meal information
15 3oz Sliced Ham with 1oz Pineapple Sauce 1/2c Mashed Potatoes 1/2c Green Peas Dinner Roll Cookie	16 Chicken Philly Sandwich 1c Cream of Spinach Soup 1/2c Coleslaw Hoagie Roll 1 Fresh Fruit	Christmas Dinner! 17 3oz Roast Beef w/ Gravy 2oz Stuffing 1/2c Mashed Redskin Potatoes 1/2c Candied Carrots 1 Dinner Roll Pie	18 4oz Shrimp Scampi 1/2c Creamy Pasta 1/2c Lemon Pepper Broccoli Breadstick Fresh Fruit	19 Call your local Senior Center for Meal information
22 3oz Pot Roast w/ 2oz Gravy 1/2c Mashed Potatoes 1/2c Coin Carrots 1 Italian Bread 1/2c Peach Crisp	23 Meatball Sub (3 Meatballs) w/ 1oz Mozzarella Cheese 1c Loaded Potato Soup 1/2c Side Salad w/ Dressing Hot Dog Bun Fresh Fruit	24 4oz Sweet & Sour Pork 1/2c White Rice 1/2c Broccoli and Cauliflower Wheat Bread Fresh Fruit	Christmas Day! 25 	26 Closed
29 3oz Chicken Cutlet with 2oz Country White Gravy 1/2c Mashed Potatoes 1/2c Brussel Sprouts Wheat Bread cookie 	30 Grilled Chicken Salad (2oz Grilled Chicken, 1oz Cheese) 1c Lettuce, 2oz Tomato 1c Broccoli Soup Breadstick 1 Fresh Fruit	New Years Eve! 31 3oz Roasted Pork w/ 2oz Sauerkraut 1/2c mashed potatoes 1/2c Green Beans Dinner Roll Cake w/ Frosting	