

DECEMBER MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2		3		4		5		6	
General Tso's Chicken	3 oz	Potato Soup	6 oz	Bourbon Pork	3 oz	Cheese Omelet	1 ea	Chicken Chili	1 c
Confetti Brown Rice	1/2 c	Hamburger Patty	1 ea	Ranch Beans	1/2 c	Oven Roasted Potatoes	1/2 c	Cilantro Lime Rice	1/2 c
Green Peas	1/2 c	American Cheese	1 slc	Cabbage	1/2 c	Mixed Greens	1/2 c	Corn	1/2 c
Whole Wheat Bread	1 slc	Green Beans	1/2 c	Wheat Dinner Roll	2 ea	Whole Wheat Bread	2 ea	Whole Grain Tortilla	1 ea
Mandarin Oranges	1/2 c	WG Hamburger Bun	1 ea	Oatmeal Cookie	1 ea	Fresh Seasonal Fruit	1 ea	Applesauce	1/2 c
Milk	8 oz	Seasonal Fruit	1 ea	Assorted Fruit Juice	4 oz	Milk	8 oz	Milk	8 oz
Margarine	1 pkt	Milk	8 oz	Milk	8 oz	Margarine	1 pkt		
		Ketchup	1 pkt	Margarine	1 pkt	Assorted Jelly	1 pkt		
		Saltine Crackers	1 pkt						
9		10		11		12		13	
Potato Crusted Pollock	1 ea	Chicken Parmesan	1 ea	Navy Bean Soup	6 oz	Sweet & Sour	7 ea	Cheese Quiche	1 slc
Confetti Brown Rice	1/2 c	Penne Pasta	1/2 c	Low Salt Ham	1 ea	Beef/Chicken Meatballs		Red Bliss Potatoes	1/2 c
Diced Carrots	1/2 c	Green Beans	1/2 c	Corn	1/2 c	Whipped Potatoes	1/2 c	Spinach	6 oz
Whole Wheat Bread	1 slc	Wheat Dinner Roll	1 ea	Whole Wheat Bread	2 slc	Broccoli Florets	1/2 c	Whole Wheat Bread	2 ea
Seasonal Fruit	1 ea	Fudge Crème Cookie	1 ea	Diced Peaches	1/2 c	Wheat Dinner Roll	2 ea	Pineapple Tidbits	1/2 c
Milk	8 oz	Assorted Fruit Juice	4 oz	Milk	8 oz	Fresh Seasonal Fruit	1 ea	Milk	8 oz
Margarine	1 pkt	Milk	8 oz	Margarine	1 pkt	Milk	8 oz	Margarine	1 pkt
Tartar Sauce	1 pkt	Margarine	1 pkt	Saltine Crackers	1 pkt	Margarine	1 pkt		
16		17		18		19		20	
Cranberry Dijon Chicken	1 ea	Cheese Baked Ziti	1 c	Beef Tips with Gravy	3 oz	Cream of Broccoli Soup	6 oz	3-Bean Vegetable Chili	1 c
Brown Rice	1/2 c	Green Peas	1/2 c	Whipped Potatoes	1/2 c	Dijon Herb Pork	3 oz	Confetti Brown Rice	1/2 c
Brussels Sprouts	1/2 c	California Vegetables	1/2 c	Cabbage	1/2 c	Mashed Spiced Yams	1/2 c	Carrots	1/2 c
Whole Wheat Bread	1 slc	Wheat Roll	1 ea	Whole Wheat Bread	2 slc	Wheat Dinner Roll	2 ea	Whole Wheat Bread	1 slc
Chocolate Chip Cookie	1 ea	Applesauce	1/2 c	Fresh Seasonal Fruit	1 ea	Mandarin Oranges	1/2 c	Fresh Seasonal Fruit	1 ea
Assorted Fruit Juice	4 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz
Milk	8 oz	Margarine	1 pkt	Margarine	1 pkt	Margarine	1 pkt	Margarine	1 pkt
Margarine	1 pkt					Saltine Crackers	1 pkt		
23		24		25		26		27	
Cheese Ravioli Alfredo	12 ea	Salisbury Beef w/Gravy	1 ea	ELDERHOUSE IS CLOSED		Black Bean Soup	6 oz	Potato Crusted Pollock	1 ea
Green Peas	1/2 c	Scalloped Potatoes	1/2 c			Mexican Style Chicken	3 oz	Garlic Whipped Potatoes	1/2 c
Carrots	1/2 c	Cabbage	1/2 c			Cilantro Lime Rice	1/2 c	Mixed Greens	1/2 c
Whole Wheat Bread	1 slc	Wheat Dinner Roll	2 ea			Whole Grain Tortilla	1 ea	Whole Wheat Bread	2 slc
Fresh Seasonal Fruit	1 ea	Mandarin Oranges	1/2 c			Fresh Seasonal Fruit	1 ea	Oatmeal Crème Cookie	1 ea
Milk	8 oz	Milk	8 oz			Milk	8 oz	Assorted Fruit Juice	1 ea
Margarine	1 pkt	Margarine	1 pkt			Saltine Crackers	1 pkt	Milk	8 oz
								Margarine	1 pkt
								Tartar Sauce	1 pkt
30		31							
Beef/Chicken Meatballs w/Marinara Sauce (0.5 oz)	7 ea	BBQ Chicken Leg Quarter	1 ea					ElderHouse serves: Coffee at 8:30am Lunch at 12:00noon Snack at 2:00pm Hydration is offered throughout the day.	
Bow Tie Pasta	1/2 c	Cheesy Whipped Potatoes	1/2 c						
Broccoli	1/2 c	Corn	1/2 c						
Whole Wheat Bread	1 slc	Whole Wheat Bread	2 slc						
Mandarin Oranges	1/2 c	Fresh Seasonal Fruit	1 ea						
Milk	8 oz	Milk	8 oz						
Margarine	1 pkt	Margarine	1 pkt						