


Monday, DECEMBER 3 WHITE CHICKEN CHILI Zucchini and corn Brown rice WW bread Fresh Orange	Tuesday, DECEMBER 4 SLICED TURKEY W/ SAVORY HERB GRAVY Whipped sweet potatoes Brussels sprouts Rye bread Cinnamon raisin muffin	Wednesday, DECEMBER 5 SWEDISH MEATBALLS Mixed vegetables Wide noodles Pumpnickel bread Mandarin oranges	Thursday, DECEMBER 6 CHICKEN & BISCUITS Green beans Brandied peaches Berry applesauce	Friday, DECEMBER 7 RAVIOLIS W/ MEATSAUCE Broccoli, cauliflower, yellow squash, carrots WW bread Tropical fruit salad
Monday, DECEMBER 10 CARRIBEAN CHICKEN Sautéed spinach and sweet potato cubes Sugar snap peas and red peppers White roll Oatmeal cookie	Tuesday, DECEMBER 11 SALISBURY STEAK W/GRAVY Whipped potatoes Roasted beets & Brussels sprouts WW roll Fresh apple	Wednesday, DECEMBER 12 MUSTARD GLAZED CHICKEN Broccoli Cubed potato hash Rye bread Pineapples	Thursday, DECEMBER 13 APPLE SAGE ROASTED TURKEY Apple cranberry stuffing Green bean almondine Whole wheat roll Fresh orange	Friday, DECEMBER 14 MEATLOAF W/ ONION GRAVY Peas Whipped potatoes and cauliflower WW bread Blueberry muffin
Monday, DECEMBER 17 SOUTHERN CORN FLAKE CRUSTED FISH Sautéed spinach & kale and carrots Grits White bread Fresh pear	Tuesday, DECEMBER 18 ASIAN BBQ CHICKEN Stir-fry veg (broccoli red peppers water chestnuts, green beans, mushrooms) Brown fried rice WW bread Peaches	Wednesday, DECEMBER 19 CRABCAKE & MAC & CHEESE Scalloped tomatoes autumn succotash (corn, yellow squash, lima beans, zucchini, red pepper, red onion) Pears	CHRISTMAS MEAL CARVED TURKEY HAM w/ Fruit Sauce Corn Pudding Green Bean Almondine Dinner Roll Sweet Dessert	Friday, DECEMBER 21 BEEF STROGONOFF Dill carrots Wide noodles Pumpnickel Strawberry applesauce
Monday, DECEMBER 24 The Center closes at 12 p.m. NO LUNCH or MOW	MERRY CHRISTMAS The Center is closed	Wednesday, DECEMBER 26 STUFFED SHELLS Broccoli Warm sliced apples Gingerbread muffin	Thursday, DECEMBER 27 ORANGE SAGE ROASTED CHICKEN Red skinned roasted potatoes Sugar snap peas WW roll Peaches	Friday, DECEMBER 28 CHEESEBURGER Broccoli florets and carrots Potato wedges WW hamburger roll Fruit cocktail
Monday, DECEMBER 31 BAKED FISH with a CREAMY TARRAGON SAUCE Honey butter carrots Mushroom pilaf WW roll Applesauce	1% Milk* served every day Menu Subject to Change			DECEMBER 2018