



**December 2022
Congregate Meal Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Windy Hill on the Campus</i> 1472 Roth's Church Road Spring Grove, PA 17362 717-225-0733</p>			<p>1 Cheese Lasagna Rollup w/ Shredded Cheese 1 c. Tossed Salad w/ Tomato 1 Italian Bread Fresh Fruit</p>	<p>2 1/2 c. Moroccan Beef 1/2 c. Vegetable Rice 1/2 c. Oriental Vegetables 1 Wheat Bread 1/2 c. Mandarin Oranges</p>
<p>5 BBQ Pork Ribette 1/2 c Hashbrown Cubes 1/2 c Green Beans 1 Sandwich Bun 1/2 c Pienapple Delight</p>	<p>6 Chicken Alfredo 1/2 c Noodles 1/2 c Broccoli 1 White Bread Birthday Cake!</p>	<p>7 Cheeseburger w/ Lettuce & Tomato 1/2 c Potato Salad 1 Hamburger Roll Seasonal Fresh Fruit</p>	<p>8 Open-Faced Turkey Sandwich w/ Gravy 1/2 c Whipped Potatoes w/ Chives 1/2 c Sweet Corn 1 White Bread 1 Cookie</p>	<p>9 Bagged Lunch Sweet Bologna & American Cheese Lettuce & Tomato Coleslaw Fresh Fruit Cookie Iced Tea</p>
<p>12 Burgundy-Glazed Meatballs (4) 1/2 c Rice 1/2 c Roasted Brussel Sprouts 1 Italian Breadstick 1/2 c Mandarin Oranges</p>	<p>13 Secret Santa Grilled Chicken Salad (2 oz Chicken, Cheddar, HB Egg over 1 c Mixed Greens) 1/2 c Broccoli Salad 1 Dinner Roll 1/2 cup Peaches</p>	<p>14 Pepper Steak w/ 2 oz Gravy 1/2 c Whipped Potatoes 1/2 c Diced Carrots 1 Wheat Bread 1/2 c Blushed Pears</p>	<p>15 1/2 c Hawaiian Pork Loin 1/2 c Buttered Noodles 1/2 c Island Blend Veggies Fresh Seasonal Fruit Cookie</p>	<p>16 1/2 c Roast Beef w/ Gravy 1/2 c Mashed Potatoes 1/2 c Mixed Vegetables 1 White Bread 1/2 c Pudding</p>
<p>19 BBQ Chicken Breast 1/2 c Brown Rice 1/2 c Coleslaw Wheat Bread Fresh Orange</p>	<p>20 Christmas Meal Roast Turkey w/ Gravy Stuffing Whipped Potatoes Mixed Vegetables Dinner Roll Apple Pie</p>	<p>21 1/2 cup Pot Roast w/ Gravy 1/2 cup Mashed Potatoes 1/2 cup Coin Carrots Italian Bread Cookie</p>	<p>22 Dessert Auction Spaghetti & Meatballs (4) 3/4 c Pasta w/ Marinara 1 c Tossed Salad w/ Tomato 1 Garlic Breadstick 1/2 c Mixed Fruit Salad</p>	<p>23 Center Closed </p>
<p>26 Center Closed </p>	<p>27 Stadium Hotdog 1/2 cup Cheesy Potatoes 1 Hotdog Roll 1/2 cup Pineapple & Mandarin Oranges</p>	<p>28 1 c Baked Cabbage Casserole w/ 2 oz Tomato Sauce 1/2 c Garlic Whipped Potatoes 1/2 c Carrots 1 Dinner Roll Fresh Fruit</p>	<p>29 Salisbury Steak w/ Gravy Baked Potato w/ Margarine 1/2 c Broccoli 1 Wheat Bread 1/2 cup Gelatin</p>	<p>30 1 c Chicken Stew 1/2 c Pepper Slaw Whote Grain Buttermilk Biscuit 1/2 c Warm Peaches</p>

*Menu Subject to Change due to supply shortages out of our control.

*** Served daily: Milk and Margarine

Meals are served Mondays - Fridays from 11:30 am - 12 pm in the front office for "takeout lunch" & at noon in the cafeteria for "regular lunch". All members are eligible to sign up! Must preregister by **7 am** the day prior to coming into the center. Sign up on Copilot or by leaving a message on the machine at 717.225.0733 ext 105.