

December 2019 Monday	Congregate Meal Program Tuesday	Suggested Donation \$2.25 Wednesday	Thursday	Friday
2) <b>Salisbury Steak</b> w/ gravy, mashed potato, lentil soup, crackers, fresh fruit & oatmeal bread Cal: 985; Sod: 1303	3) <b>TRAVEL CHEF</b> Backyard BBQ—Beef with rice pilaf, grilled eggplant, scallions for garnish, white dinner roll & key lime pie.	4) <b>Ham &amp; Cheese Egg Bake</b> w/ broccoli, corn chowder, crackers, chilled fruit & snack n loaf Cal: 896; Sod: 1119	5) <b>Stuffed Pepper</b> w/rustic tomato sauce, au gratin pota- to, Jello & scali bread Cal: 762; Sod: 848	6) <b>Braised Pork</b> w/winter squash, brussel sprouts, apple spice cake & rye bread Cal: 710; Sod: 802
9) <b>Turkey Pot Pie</b> w/ whipped sweet potato, ap- plesauce & multigrain bread Cal: 661; Sod: 816	10) <b>Frittata (Spinach &amp; Cheese)</b> w/crumb top tomatoes, kale & white bean soup, crackers, blondie & wheat bread Cal: 1327; Sod: 1169	11) <b>Beef Stew</b> w/mashed potato, fresh fruit & Irish soda bread Cal: 780; Sod: 522	12) <b>Beef Hot Dog</b> w/ mustard, relish, baked beans, coleslaw & mandarin oranges & hot dog roll Cal: 811; Sod: 1340	13) <b>Chicken Nuggets</b> w/ honey mustard, potato wedges, peas, yogurt & juice & oatmeal bread Cal: 779; Sod: 1018
16) <b>Ribecue</b> w/BBQ sauce, rustic cut potatoes, southern greens, pineapple & wheat bread. Cal: 647; Sod: 1149	17) <b>Stuffed Shells</b> w/ marinara sauce, broccoli, spinach salad, fresh fruit & oatmeal bread Cal: 807; Sod: 965	18) <b>Chicken Mirabella</b> w/rice Flor- entine, carrots, mandarin oranges & snack n loaf Cal: 891; Sod: 656	19) <b>Holiday Party, 11am</b> Stuffed chicken breast, pota- to, green beans, roll and holi- day cupcake. Cost: \$13 members & \$15 nonmembers FDCOA.	20) <b>Sloppy Joe</b> w/mixed vegetables, cauliflower soup, chocolate mousse & burger roll. Cal: 892; Sod: 1016
23) <b>Chicken Scampi</b> w/rotini, broccoli, fresh fruit & oatmeal bread Cal: 698; Sod: 750	24)  <b>Office Closes at 12pm</b>  <b>NO lunch served</b>	25)  <b>Christmas Day</b>  <b>Senior Center Closed</b>	26) <b>Chicken Cordon Blu</b> w/ supreme sauce, roasted re bliss, roasted tomatoes, yo- gurt & juice & wheat bread Cal: 802; Sod: 1178	27) <b>Beef Burgundy</b> w/ whipped potato, green beans, chocolate chip cook- ie & white bread Cal: 696; Sod: 872
30) <b>Lasagna</b> w/marinara sauce, roasted cauliflower, garden salad w/dressing, applesauce & oatmeal bread Cal: 718; Sod: 889	31)  <b>Office Closes at 12pm</b>  <b>NO lunch served</b>			