

December 2021 Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center">Menu Subject to Change Without Notice</p> <p>Total Calories, Sodium & Carbs include: Entrée, sides, dessert, fruit, bread, milk & margarine.</p> <p>Sodium: milligrams noted in parenthesis. Milk: 100 calories, 12 carbs & 110 mg sodium, Margarine: 30 cal, 0 carbs & 30 mg Sodium, *High sodium item (>500mg), Shading = High sodium meal (>1200), Total Calories, Sodium & Carb include: Entrée, sides, dessert, fruit, bread, milk & margarine.</p>		<p>1) Balsamic Chicken w/ wild rice, brussel sprouts, oat bread & mixed fruit Cal:710; Carb:120; Sod:805</p>	<p>2) Hot Dog w/baked beans, coleslaw, apple crisp & hot dog roll Cal:750; Carb:95; Sod:1220</p>	<p>3) Breaded Fish w/ mashed potato, veggie blend, whole grain roll & peaches Cal:730; Carb: 90; Sod:825</p>
<p>6) Salisbury Steak w/ mashed potato, carrots, whole grain roll & pears Cal:680; Carb:90 Sod:970</p>	<p>7) Dijon Pork* w/ cabbage, sweet potato, multi grain bread & cookie Cal:955; Carb:110; Sod:1190</p>	<p>8) Stuffed Shells w/ marinara, broccoli, Vienna bread & fresh fruit Cal:670; Carb:100; Sod:1020</p>	<p>9) Breaded Chicken* w/ mac & cheese, collards, cornbread & mandarin oranges Cal:810; Carb:100; Sod:1200</p>	<p>10) Sloppy Joe w/ mashed potato, mixed veggie, roll & chocolate mousse Cal:1000; Carb:110; Sod:1020</p>
<p>13) Eggplant Parmesan w/pasta*, zucchini, pears & Vienna bread Cal:740; Carb:105; Sod:1160</p>	<p>14) Turkey w/gravy*, mashed potato, peas & onions, whole wheat bread & applesauce Cal:655; Carb:95; Sod:1045</p>	<p>15) Chicken Scampi* w/ rotini, broccoli, whole wheat bread & mixed fruit Cal:610; Carb:75; Sod:880</p>	<p>16) Brown Sugar Ham* w/potatoes, green beans, cheesecake & roll Cal:976; Carb:130; Sod:1385</p>	<p>17) Omelet w/turkey sausage, home fries, baked beans, yogurt & oat bread Cal:880; Carb:100; Sod:1195</p>
<p>20) Mediterranean Chicken w/rice pilaf, carrots, whole grain roll & mandarins Cal:725; Carb:95; Sod:890</p>	<p>21) Meatloaf w/gravy, mashed potato, mixed veggies, whole wheat bread & pudding Cal:855; Carb:85; Sod:810</p>	<p>22) Turkey a la King* w/egg noodles, green beans, biscuit & peaches Cal:980; Carb:105; Sod:1120</p>	<p>23) Lasagna w/marinara, broccoli, mixed fruit & oat bread Cal:550; Carb:80; Sod:940</p>	<p align="center">24) Christmas Eve Senior Center Closed</p>
<p>27) Senior Center Closed for Christmas</p>	<p>28) Steak & Onions w/ roasted potatoes, veggie blend, whole wheat bread & cupcake Cal:590; Carb:80; Sod:1055</p>	<p>29) Pork w/apples & onions, sweet potato, brussel sprouts, rye bread & chilled fruit Cal:680; Carb:90; Sod:780</p>	<p>30) Chicken Pot Pie* w/ mashed potato, roll & jello Cal:805; Carb:110; Sod:1160</p>	<p>31) New Year's Eve Senior Center Closed</p>