

December 2022

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Fish Sandwich 3oz Cheese	Spaghetti 1/2 Cup Meatballs 4oz
			Macaroni and Cheese 1/2 Cup	Tossed Salad 1 Cup
			Lima Beans 1 Cup	Garlic Bread
			Mandarin Oranges 1/2 Cup	Apple
5		7	8	9
Pulled Pork Sandwich 4oz	Shepherds Pie 1 Cup Gravy 1/2 Cup	Chicken Noodle Soup 1 Cup	Shrimp Creole 1 Cup	Ham and Asparagus Casserole 1Cup
Collard Greens 1/2Cup	Broccoli 1/2 Cup	PBJ Sandwich WW Bread	Rice 1/2 Cup	Baked Sweet Potatoes 1/2 Cup
Cole Slaw 1/2 Cup	WW Roll	Beets 1 Cup	1 Cup Okra	WW Roll
Banana	Peach Crisp 1/2 Cup	Fresh Orange	Apple	Pears 1/2 Cup
12	13	14	15	16
Grilled Chicken Sandwich 3 oz on bun	Lasagna w/ Meatsauce 1 cup	Tuna Melt 4 oz 1 oz Cheese	Broccoli Cheddar Soup 1 Cup	Beef Tips in Gravy (1 Cup)
Macaroni and Cheese 1/2 Cup	Green Beans 1 Cup	Potato Wedges 5-6	Turkey Sandwich 3oz ww Bread	Egg Noodles (1/2 Cup)
Peas 1Cup	Garlic Bread	Creamed Spinach 1/2 Cup	Potato Chips	Mixed Vegetables (1 Cup) ww Roll
Pineapple 1/2 Cup	Banana	Mandarin Oranges 1/2 Cup	Applesauce 1/2 Cup	Fruit Cocktail (1/2 C)
19	20	21	22	Christmas Brunch 23
Cheeseburger 4oz Cheese 1oz	Chicken Salad 4oz WW Bread	CHEFS CHOICE	Baked Ham 4 oz	Western Style Scrambled Eggs 1 cup
Tater tots 1/2 Cup	Cottage Cheese 1/2 Cup		Candied Yams 1/2 Cup	Sausage 2oz Hashbrowns 4oz
Lima Beans 1/2 Cup	3 Bean Salad 1/2 Cup		Collard Greens 1/2 Cup WW Roll	Baked Bananas/Cinnamon Rolls
Peaches 1/2 Cup	Banana		Apple Crisp 1/2 Cup	
26	27	28	29	New Year's Brunch 30
CLOSED	Steak and Cheese Sub 3oz	Ham and Bean Soup 1 Cup	Pork Loin 4oz and Sauerkraut 1/2 Cup	Sausage Gravy 1/2 cup
	Potato Wedges (5-7 Ct)	WW Roll	Black-eyed Peas 1Cup	Biscuits 3oz Hashbrowns 4oz
	Peas & Carrots (1/2 Cup)	Stewed Tomatoes (1 Cup)	Corn Bread	Spiced Apples/Banana Oat Muffins
	Banana	Spiced Peaches 1/2 Cup	Pineapple 1/2 Cup	

Suggested Donation for Seniors \$2-50

Non-Senior cost \$5-20 suggested