

# December 2005

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 <b>Chicken Salad</b> Cream of Broccoli Soup Red Potatoes Hamburger Roll Fruit Crisp	2 <b>Beef &amp; Cabbage Casserole</b> Peas and Carrots Harvard Beets Flax Seed Bread Pineapple
5 <b>Chicken Marsala with mushrooms</b> Mixed Vegetables Buttered Noodles Biscuit Peaches	6 <b>Baked Ham</b> Wax Beans Sweet Potatoes Rye Bread Mixed Fruit	7 <b>Goulash</b> Mixed Greens Chicken Rice Soup Twelve Grain Bread Pears	8 <b>Chicken Divan</b> Butternut Squash Roasted Potatoes Potato Bread **Pudding	9 <b>Baked Fish</b> Broccoli Cuts Clam Chowder 100% Whole Wheat Bread **Cookies
12 <b>Meatballs</b> Ziti with Tomato Sauce Italian Beans Italian Bread Fresh Fruit	13 <b>Baked Chicken</b> Carrots Potato Leek Soup Dinner Roll Pineapple	14 <b>Calico Beans &amp; Sausage</b> Wax Beans Rice Pilaf Wheat Bread **Cake	15 <b>Roast Pork</b> Winter Vegetable Mashed Potatoes Dinner Roll **Trifle	16 <b>Fettuccini Alfredo</b> Spinach Corn Twelve Grain Bread **Pudding
19 <b>Meatloaf</b> Green Beans Roasted Potatoes Rye Bread Mixed Fruit	20 <b>Beef Burgundy</b> Broccoli Cuts Noodles 100% Whole Wheat Bread Peaches	21 <b>Egg Salad</b> Split Pea Soup Succotash Flax Seed Bread Apple Crisp	22 <b>Turkey Dinner</b> Green Beans Almandine Garlic Mashed Potatoes Dinner Roll **Pie	23 <b>Hot Dog</b> Minestrone Soup Baked Beans Hot Dog Roll **Jell-O
26 <b>Happy Holidays</b>	27 <b>Macaroni and Cheese</b> Mixed Greens Stewed Tomatoes Rye Bread **Cake	28 <b>Pepper Steak</b> Peas and Pimento Scallop Potatoes Steak Roll Pineapple	29 <b>Liver and Onions</b> Sliced Carrots Cabbage Chowder Dinner Roll Applesauce	30 <b>Stuffed Shells</b> Italian Beans Tossed Salad (meal sites) Sliced Beets(MOW) Italian Bread **Pudding

If you will not be home when your meal is delivered

PLEASE TELL YOUR DRIVER OR CALL 1-800-981-5201

SUGGESTED VOLUNTARY DONATION

\$2.00 PER MEAL to help defray costs

Dec-05

All contributions are returned to the community toward the cost of nutrition programs and services.