


# December 2009

\*Modification for sugar restricted diets  
 \*\*High sodium foods

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> <b>Calico Beans w/ Sausage Links</b> Brown Rice & Bulgar Cauliflower 100 % Whole Wheat Bread Pineapple	<b>2</b> Beef Barley Soup <b>Egg Salad</b> Mixed Greens Hamburg Roll Hot Apple Crisp	<b>3</b> <b>Barbecued Pork</b> Red Bliss Potatoes Corn w/Pimiento Rye Bread Banana	<b>4</b> <b>Baked Fish</b> Roasted Potatoes Broccoli Cuts Multi Grain Bread Applesauce
<b>7</b> <b>Stuffed Pepper Casserole</b> Green Beans Sliced Beets Oatmeal Bread Pineapple	<b>8</b> <b>Baked Ziti &amp; Meat Sauce</b> Peas w/Mushrooms Brussel Sprouts Italian Bread Peaches	<b>9</b> <b>Beef Stew</b> Boiled Potatoes Green Beans Wheat Dinner Roll *Pudding w/Topping	<b>10</b> <b>Chicken ala King</b> Buttered Noodles Mixed Vegetables Multi Grain Bread Orange	<b>11</b> <b>Roasted Turkey w/Gravy</b> Mashed Potatoes Butternut Squash 100% Whole Wheat Bread *Fruited Gelatin w/Topping
<b>14</b> <b>Lasagna</b> Broccoli Wax Beans Italian Bread Mixed Fruit	<b>15</b> <b>Salisbury Steak</b> Potato au gratin Braised Red Cabbage Rye Bread Pears	<b>16</b> <b>Chicken Cacciatori w/Mushrooms</b> Rice Pilaf Buttered Carrots Oatmeal Bread Pineapple	<b>17</b> <b>Holiday Meal</b> <b>Festive Roast Pork w/ Gravy</b> Humbug Garlic Mashed Potatoes Winter Blend Vegetables Snowflake Rolls *Holiday Trifle	<b>18</b> <b>Sweet &amp; Sour Meatballs</b> Buttered Noodles Mixed Greens 100% Whole Wheat Bread Fresh Fruit
<b>21</b> <b>Chicken Divan</b> Red Bliss Potatoes Green Beans Oatmeal Bread Peaches	<b>22</b> Lentil Soup <b>Macaroni &amp; Cheese</b> Stewed Tomatoes Biscuit Applesauce	<b>23</b> <b>**Baked Ham</b> Sweet Potatoes Broccoli & Cauliflower Multi Grain Bread *Pudding w/Topping	<b>24</b> <b>Potatoe Leek Soup</b> Tuna Salad Mixed Vegetables Hot Dog Roll Warm Peach Cobbler	<b>25</b> <b>Christmas Holiday</b>
<b>28</b> <b>**Hot Dog</b> Baked Beans Cole Slaw Hot Dog Roll Hot Apple Crisp	<b>29</b> Clam Chowder <b>Salmon Boat</b> Rosemary Roasted Potatoes 100% Whole Wheat Bread Pears	<b>30</b> <b>Pepper Steak</b> Brown Rice & Beans Spinach Rye Bread Peaches	<b>31</b> <b>Stuffed Cabbage Casserole</b> Peas & Carrots Buttered Corn Multi Grain Bread Pineapple	

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**