

December 2008

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Calico Beans Brown Rice w/Bulgur Glazed Carrots 100% Whole Wheat Bread Pineapple	2 Roast Turkey w/Gravy Mashed Potatoes Winter Squash Rye Bread Pudding w/Topping*	3 Macaroni & Cheese Stewed Tomatoes Mixed Vegetables Biscuit Peaches	4 Chicken Divan Buttered Noodles Broccoli Cuts Multi Grain Bread Fruit Smoothie*	5 Clam Chowder Salmon Boat w/Sauce Mixed Greens Dinner Roll Cookie*
8 Pepper Casserole Harvard Beets Green Beans Sourdough Bread Orange	9 Potato Leek Soup Baked Chicken Sweet & Sour Red Cabbage 100% Whole Wheat Bread Mixed Fruit	10 Hot Dog** Baked Beans Sauerkraut/Cole Slaw Hot Dog Roll Peaches	11 Baked Fish Roasted Potatoes Glazed Carrots Multi Grain Bread Pudding w/ Topping*	12 Meatloaf w/Gravy Garlic Mashed Potatoes Winter Blend Vegetables Rye Bread Applesauce
15 Beef Stew Red Potatoes Wax Beans Rye Bread Peaches	16 Soup & Sandwich Split Pea Soup Ham Salad** Spinach Hamburg Roll Apple Crisp	17 Mild Chili Mexican Rice Corn Multi-Grain Bread Pineapple	18 Holiday Meal Roast Pork w/ Gravy Mashed Potatoes Butternut Squash Snowflake Roll Trifle*	19 Chicken Cacciatore Noodles w/Parsley Broccoli 100% Whole Wheat Bread Pears
22 Cabbage Casserole Spinach Corn w/Pimiento 100% Whole Wheat Bread Applesauce	23 Barbecue Chicken Roasted Potatoes Brussels Sprouts au gratin Potato Bread Banana	24 Shepherds Pie Mashed Potatoes Green Beans Almondine Rye Bread Pudding w/Topping*	25 CHRISTMAS	26 Tuna Noodle Casserole Mixed Greens Winter Blend Vegetables Multi-Grain Bread Peaches
29 Lasagna Italian Green Beans Butternut Squash 100% Whole Wheat Bread Pineapple	30 Barbecue Pork Sweet Potato Creamed Cauliflower Rye Bread Pears	31 Soup & Sandwich Corn Chowder Chicken Salad Broccoli Hot Dog Roll Fruited Gelatin w/Topping*	Enjoy your holidays, but limit the amount of sweets and high calorie foods. If you like to bake, plan to sample with one small bite and give away those delicious cookies to family or friends who will appreciate them. Continue to eat your five fruits and vegetables a day for vitamins and minterals. Eat small portions.	

If you will not be home when your meal is delivered

PLEASE TELL YOUR DRIVER OR CALL 1-800-961-5201