

FOOD AND NUTRITION SERVICES | SENIOR NUTRITION PROGRAM



A family
of services.
A family
that serves.

LUNCH MENU Congregate Meal Sites

DECEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Albondogas Soup BEEF FAJITA Warm Flour Tortilla Pinto Beans Mesclun Mix Salad Cilantro Dressing ***Cantaloupe or Orange or Tangerine	4 *Orange Juice SANTA FE CHICKEN Brown Rice Pilaf Green Beans w/ Pimento Roasted Corn Oatmeal Cookie	5 Tomato Basil Soup BEEF HAMBURGER Hamburger Bun Lettuce, Tomato, Onion, Mustard, Mayo Baked Potato Wedges *Red & Green Coleslaw Banana	6 CARIBBEAN CHICKEN Black Bean Sauce Whole Grain Roll Green Peas w/ Onions ***Carrot, Apple, Bell Pepper, Celery Salad Grapes or Pear	7 TURKEY A LA KING Parsley Noodles **Broccoli Mixed Green Salad 1000 Island Dressing *Pineapple and Mango Fruit Cup
10 *Orange Juice CHICKEN ADOBO Brown Rice **Butternut Squash or Sweet Potato Green Beans w/ Olive Oil Red Gelatin w/ Assorted Fruit	11 Mushroom Soup TURKEY & CURRY VEG Whole Grain Roll Green Peas ***Spinach Salad 1000 Island Dressing Banana	12 BBQ CHICKEN Cornbread **Herbed Carrots Mesclun Salad Ranch Dressing *Pineapple and Mandarin Fruit Cup	13 *Orange Juice LASAGNA (beef) Pasta in Entrée Roasted Brussels Sprouts Mixed Salad Greens w/ Radish Italian Dressing Apple or Applesauce	14 Tortilla Soup BAKED FISH w/ Cilantro Pesto Sauce Vegetable Rice Pilaf Whipped Cauliflower **Carrot Raisin Salad ***Cantaloupe or Orange or Tangerine
17 Lentil Soup TURKEY BOLOGNESE w/ Penne Pasta & Tomato Sauce Herbed Zucchini & Yellow Squash Caesar Salad & Dessing *Pineapple & Mango Fruit Cup	18 TURKEY MEATLOAF w/ Mushroom Sauce Whole Grain Bread Sage Mashed Potatoes **Broccoli ***Cantaloupe or Orange or Tangerine	19 Minestrone Soup BAKED SALMON w/ Dill Sauce Brown Rice Pilaf Roasted Corn ***Spinach Salad 1000 Island Dressing Apple	20 OVEN FRIED CHICKEN Macaroni & Cheese Green Beans w/ Herbs *Coleslaw Banana	21 *Orange Juice ROAST TRKY BREAST Cranberry Sauce WG Bread Stuffing Roasted Brussel Sprouts **Fresh Baked Sweet Potato or Yam Chocolate Chip Cookie
24 HOLIDAY MENU *Orange Juice ROAST TURKEY Whole Grain Roll **Whipped Sweet Potato Green Beans w/ Almonds Lettuce & Tomato Salad 1000 Island Dressing Apple Pie	25 JFS OFFICES WILL BE CLOSED	26 *Orange Juice TKY TARRAGON STEW Biscuit Vegetable in Entrée Mixed Salad Greens Ranch Dressing Lemon Pudding	27 ASIAN BEEF PEPPER STEAK Brown Rice **Mixed Asian Vegetables *Beet Salad w/ Mandarin Oranges Peach or Pear	28 Corn Chowder CHICKEN CARNITAS Warm Tortilla Pinto Beans *Shredded Cabbage w/ Tomato Cilantro Dressing Banana
31 NEW YEARS EVE MENU *Orange Juice CHICKEN MARSALA Whole Grain Roll Baked Potato **Winter Squash Mixed Green Salad Blue Cheese Dressing Decorated Cake				

MENU SUBJECT TO CHANGE

THANK YOU FOR YOUR DONATION

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