

Sunday

Monday

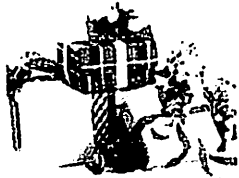
Tuesday

Wednesday

Thursday

Friday

Saturday



December 2016

Monthly Lunch Menu

*Subject to change

				<p>Lasagna Beef Stew Garlic bread Tossed Salad Yellow Squash Lemon Cake w/icing Diet Lemon Cake w/topping</p>	<p>1 Fish & Chips Chicken Breast Cole Slaw Mashed Potato Lettuce & Tomato Italian Ice</p>	<p>2 Chicken Sandwich Cheeseburger Tator Tots Mashed Potato Zucchini or Carrots Chocolate Pudding w/Topping Diet Chocolate Pudding w/ topping</p>
<p>4 Pot Roast BBQ Ribs Oven Roasted Potatoes Peas or Cauliflower Dinner Roll Ice Cream Sundae Diet Ice Cream</p>	<p>5 Stuffed Shells w/Marinara Chicken Cutlet Mashed Potato Tossed Salad w/dress. Broccoli Garlic Bread Blueberry Pie Fresh Fruit</p>	<p>6 New England Boiled Dinner Roast Pork Chops Boiled Potatoes Carrots or Wax Beans Mississippi Mud Pie Diet Chocolate Cake</p>	<p>7 Herb Roasted Chicken Cranberry sauce Salisbury Steak Baked Potato Green beans Cauliflower Dinner Roll Rainbow Sherbet</p>	<p>8 Stuffed Peppers Baked Fish Garlic Mashed Potato Zucchini & Squash Medley Broccoli Cheesecake w/straw. Fresh Strawberries</p>	<p>9 Fish & Chips Baked Breaded Chicken Mashed Potato Cole Slaw or Peas Lemon Squares Low Lal Lemon Pudding</p>	<p>10 Smothered Pork Chops Manicotti Herb Stuffing Butternut Squash Corn Peach Short Cake Sliced Peaches</p>
<p>11 Roast Beef w/brown gravy Baked Ham w/maple glaze Roasted Potatoes Wax Beans Brussel Sprouts Dinner Roll Ice Cream Sundae Diet Ice Cream</p>	<p>12 Roast Turkey w/gravy Herb Stuffing Veal Patty w/gravy Mashed Potato Peas or Broccoli Pumpkin Pie Diet Pumpkin Pudding</p>	<p>13 Lasagna w/garlic bread Baked Stuffed Sole Topped w/Newburg Tossed Salad w/dress. Butternut Squash Mashed Potato Chocolate Pudding (Regular or low Cal)</p>	<p>14 Baked Stuffed Chicken w/cranberry sauce Chef Salad Baked Potato Green Beans or Beets Dinner Roll Cookies & Cream Ice Cream Diet Ice Cream</p>	<p>15 Meatloaf w/gravy Ravioli Mashed Potato Corn or Wax Beans Brownie Low Cal. Pineapple</p>	<p>16 Salmon w/Lemon Cream Sauce Pork Ribs Herb Roasted Potatoes Fresh Carrots Peas Spice Cake Diet Spiced Angel Cake</p>	<p>17 Stuffed Pork Chops Salisbury Steak Mashed Sweet Potato Asparagus Green Beans Fruited Jell-O w/topping Diet Fruited Jell-O w/topping</p>
<p>18 Roast Turkey w/Cranberry Mini Pizza Stuffing or Mashed Potato Broccoli or Peas Dinner Roll Apple Pie Apples & Cinnamon</p>	<p>19 Braised Short Rib Hot Dog Garlic Mashed Potato Asparagus Baked Beans 3 Layer Chocolate Cake Pineapple Rings</p>	<p>20 Cheeseburger Macaroni Breaded Chicken Filet Tossed Salad w/Italian dressing Broccoli Lemon Square Diet Lemon Pudding</p>	<p>21 Roasted Chicken BBQ Pork Ribs Baked Potato Green Beans Butternut Squash Chocolate Ice Cream Cranberry Sauce on Lettuce</p>	<p>22 Baked Ham w/pineapple Beef Stew Mashed Sweet Potato Peas & Onions Cauliflower Cherry Pie Fresh Fruit w/topping</p>	<p>23 Baked Stuffed Sole Salisbury Steak Scalloped Potatoes Beets or Corn Brownie Low Cal. Chocolate Pudding</p>	<p>24 Chicken Parmesan over Spaghetti Grilled Sweet Italian Sausage on Roll Sweet Fries House Salad Mixed vegetables Pound Cake w/Peaches Sliced Peaches</p>
<p>25 Stuffed Chicken Roast Lamb Rice Medley Butternut Squash Green beans Dinner Roll Ice Cream Sundae</p>	<p>26 Stuffed Pork Chops Baked Fish Herb Roasted Potatoes Broccoli Brussel Sprouts Apple Crisp Apples & Cinnamon</p>	<p>27 Spaghetti & Meatballs Breaded Chicken Filet Tossed Salad w/dress. Vegetable Medley Garlic bread Yellow Cake w/icing Angel Cake w/topping</p>	<p>28 Fried Chicken Beef Pot Pie Mashed Potato Corn or Green Beans Biscuit Toffee Chip Ice Cream (Reg. or Low Cal.)</p>	<p>29 Braised Short Rib BBQ Pork Rib Rice Corn or Asparagus Mashed Potato 3 Layer Chocolate Cake</p>	<p>30 Catch of the Day Roasted Chicken Baked Potato Beets or Green Beans Fruit Bar</p>	<p>31 Cheeseburger Fried Fish Sweet Potato Fries Mashed Potatoes Corn Mixed Vegetable Pound Cake w/straw cream Fresh Strawberries</p>

Christmas Day
First Day of Hanukkah

Kwanzaa Begins

Winter Begins

New Year's Eve