

Suggested Donation \$1.25 per meal
 Donations are voluntary and confidential.
 No one will be denied a meal if a donation is not given.

Meals provide 1/3 recommended Dietary Reference Intakes (DRIs) for older adults.
 The weekly average nutrient amount of each meal is: 10% or less Saturated Fat (<8g), 50-55% Carbohydrate, 15-20% Protein (>35g), 1000mg or less Sodium. Salt and sugar are not added to any recipe. Menu subject to change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Noodle Soup Turkey and Red Bean Chili Brown Rice Corn and Black Bean Salad Corn Bread Loaf Pineapple Tidbits	3 Marinated Chickpea Salad Eggplant Rollatini Penne Marinara Broccoli Florets Garlic Bread Fresh Seasonal Fruit	4 Broccoli Cheddar Soup Chicken Piccata Wild Rice and Basmati Pilaf String Beans Almondine Whole Grain Roll Fresh Seasonal Fruit	5 Marinated Beet and Onion Salad Pork Loin with Gravy Diced Sweet Potato Mediterranean Blend Vegetables Whole Wheat Bread Fresh Seasonal Fruit	6 Chicken and Rice Soup Egg Salad Platter with Romaine Vegetable Couscous Carrot and Raisin Slaw Whole Wheat Roll Fresh Seasonal Fruit
9 Israeli Salad Cheeseburger with Lettuce and Tomato Baked Beans Vegetable Pasta Salad Whole Wheat Bun Fresh Seasonal Fruit	10 Chicken and Vegetable Soup Korean BBQ Chicken Leg Wild Rice Garlic Green Beans Rye Bread Mandarin Oranges	11 Garden Salad Salisbury Steak with Gravy Mashed Potatoes Diced Carrots Multigrain Bread Sliced Apples <i>Thousand Island Dressing</i>	12 Garden Salad/Dressing Chicken Francese Yellow Rice Sweet Peas Whole Grain Dinner Roll Fresh Seasonal Fruit	13 Marinated Tomato and Cucumber Salad Balsamic Chicken with Roasted Red Peppers Baked Potato Green Beans Multigrain Bread Fresh Seasonal Fruit
16 Broccoli Soup Turkey and Swiss with Romaine on Whole Wheat Roll Red Skin Potato Salad Carrot Slaw Fresh Seasonal Fruit <i>Mayo/Mustard</i>	17 Israeli Salad Italian Meatballs with Ziti Marinara Sauteed Escarole and Beans Garlic Bread Fresh Seasonal Fruit	18 Tomato Soup Cheese Omelet Turkey Sausage Diced Potatoes with Onions and Peppers Whole Grain Apple Loaf Tropical Fruit Mix	19 Garden Salad Chicken Florentine Wild Rice Pilaf Garlic Green Beans Whole Wheat Dinner Roll Sliced Pears <i>Italian Dressing</i>	20 Garden Salad/ <i>French Dressing</i> Chicken Marsala Mashed Potatoes Sliced Carrots Dinner Roll Fresh Seasonal Fruit
23 Mac and Cheese Soup Fish with Lemon Pepper Sauce Yellow Rice Broccoli Florets Multigrain Roll Fresh Seasonal Fruit	24 Marinated Chickpea Salad Stuffed Cabbage Diced Roasted Potatoes Italian Blend Vegetables Whole Wheat Bread Sliced Peaches	25 	26 Escarole and Bean Soup Chicken Fettuccini Alfredo Garlic Green Beans Whole Grain Bread Fresh Seasonal Fruit	27 Garden Salad Homestyle Meatloaf with Gravy Mashed Potatoes Peas and Carrots Pumpkin Bread Sliced Pears/ <i>French Dressing</i>
30 Minestrone and Kale Soup Tuna Salad Platter with Romaine Vegetable Orzo Salad Broccoli Slaw Whole Wheat Roll Mandarin Oranges	31 Cesar Salad Roasted Chicken Leg Yellow Rice Peas and Carrots Garlic Bread Fresh Seasonal Fruit	Each meal is served with skim milk and your choice of coffee or hot tea.		
				 HAPPY KWANZAA