


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