



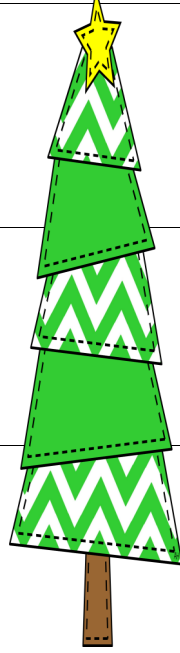

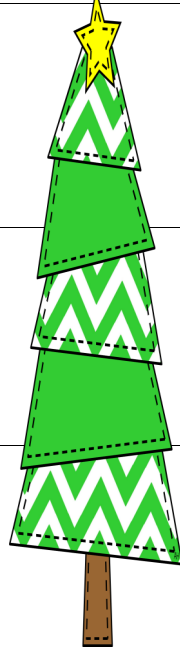

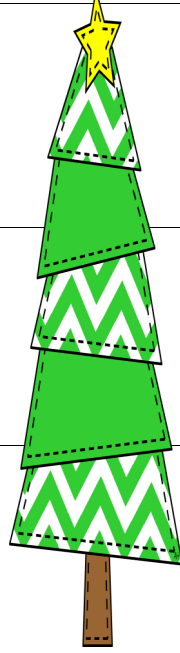



DECEMBER

2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>Happy Holidays!</p>			<p>1 Birthday Menu Ground Beef Cabbage Roll w/tomato sauce, Whipped horseradish potatoes, glazed carrot coins, dinner roll , pumpkin roll Cal 754</p>	<p>2 Chicken Breast w/ lemon cream sauce, Yams w/margarine & brown sugar, stewed tomatoes and zucchini, dinner roll, banana Cal 621</p>	<p>3 Baked Cod, broccoli & cauliflower, macaroni & cheese, multi-grain bread, Gala apple, graham crackers, cocktail sauce Cal 659</p>	<p>4 </p>
<p>5 </p>	<p>6 Ground Beef Teriyaki Meatballs, scalloped potatoes, Midori blend, wheat bead, pineapple & Mandarin oranges Cal 706</p>	<p>7 Chicken Breast w/ marinara sauce, oven browned potatoes, Brussels sprouts, multi-grain bread, apple Cal 670</p>	<p>8 Apple & Spice Pork, cooked spinach, wide noodles, wheat bread, medium orange Cal 666</p>	<p>9 Roast Beef w/thin gravy, whipped potatoes, peas, dinner roll, peach slices, graham crackers Cal 641</p>	<p>10 Turkey Chili w/ black beans & corn, shredded cheese, carrots w/parsley, brown rice, rye bread, medium banana Cal 728</p>	<p>11 </p>
<p>12 </p>	<p>13 Turkey w/thin gravy, gourmet potatoes, broccoli, green & red peppers, corn wheat bread, MacIntosh apple Cal 624</p>	<p>14 Baked Cod w/ lemon dill sauce, Au Gratin potatoes, boiled Swiss chard, multi-grain bread, fruit cocktail, Fig Newtons Cal 620</p>	<p>15 Holiday Meal Chicken Breast w/ mushroom sauce, whipped potatoes w/ chives, green beans, dinner roll, Santa Brownie Cal 787</p>	<p>16 Bow Ties in Ground Beef Meat Sauce, yellow beans, Italian bread, orange Cal 613</p>	<p>17 Hearty Beef Stew w/ potatoes, carrots, onions & celery, barley, rye bread, medium banana Cal 680</p>	<p>18 </p>
<p>19 </p>	<p>20 Ground Beef Chili w/kidney beans, sauce & vegetables, Harvard beets, wheat macaroni, rye bread, medium orange Cal 716</p>	<p>21 Open Face Turkey Sandwich w/gravy, whipped potatoes, green beans w/onions, basil, rosemary & garlic, multi-grain bread, pears Cal 600</p>	<p>22 BBQ Boneless Country Ribs, scalloped potatoes, cauliflower w/red pepper, wheat bread, medium banana Cal 674</p>	<p>23 Ground Beef Meatloaf w/tomato basil sauce, savory potatoes, sliced carrots, honey cracked wheat bread, pineapple cuts Cal 671</p>	<p>24 Chicken Breast w/ paprika sauce, broccoli, brown rice pilaf, medium Granny Smith apple, gingerbread cookies Cal 743</p>	<p>25 </p>
<p>26 </p>	<p>27 Sliced Turkey w/ thin gravy, spinach, confetti couscous, multi-grain bread, tangerine, graham crackers Cal 635</p>	<p>28 Ground Beef Stuffed Cabbage, garlic whipped potatoes, carrot coins w/parsley, honey what bread, peach cuts Cal 658</p>	<p>29 Beef Cubes in Teriyaki Sauce, cauliflower, wide noodles, Italian bread, pineapple cuts Cal 625</p>	<p>30 Beef Coney Island Hot Dog w/chili on a wheat bun, peas & pearl onions, medium orange Cal 721</p>	<p>31 Boneless Pork & Sauerkraut, oven roasted potatoes, green beans w/ red pepper, rye bread, applesauce, oatmeal raisin cookie Cal 695</p>	<p>Bring on the NEW YEAR! </p>