









Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Springs w/Beef Meatballs, Italian Green Beans, Italian Bread, Banana Cal 700	2 Chicken Breast w/Lemon Cream Sauce, Gourmet Potatoes, Peas w/Pear Onions, Honey Wheat Bread, Orange Cal 663	3 
4	5 Cowboy Hamburger w/Sauteed Mushrooms & Onions on a Whole Wheat Sandwich Bun, Baked Beans, Tangerine Cal 726	6 Creole Beef in Tomato-Onion Sauce w/Barley, Broccoli & Cauliflower Florets, Italian Bread, Peaches Cal 644	7 Ground Beef Cabbage Roll, Whipped Potatoes, Carrot Coins w/Parsley, Whole Wheat Bread, Fruit Cocktail Cal 641	8 Chicken Breast w/Thin Gravy, Potatoes w/ Parsley & Chives, Midori Blend, Bread, Strawberry Fruit & Grain Bar Cal 693	9 Coney Island Beef Hot Dog w/ Beef Chili Sauce on a Whole Wheat Hot Dog Bun, Peas & Corn, Pineapple Cal 684	10
11 	12 White Turkey, Black Bean & Corn Chili w/Brown Rice, Cooked Carrots, Italian Bread, Pineapple & Mandarin Oranges Cal 675	13 Tuna Noodle Casserole w/Peas, Stewed Tomatoes, Honey Wheat Bread, Tropical Fruit Mix Cal 690	14 Birthday Menu Chicken Divan w/ Sauce, Egg Noodles, Broccoli Spears, Little Debbie Dessert Cal 760	15 Cod w/Lemon Pepper Seasoning, Macaroni & Cheese, Cold Beets, Whole Wheat Bread, Orange Cal 612	16 Open Face Beef Meatloaf Sandwich w/Gravy, Roasted Potatoes, Cauliflower, Carrot Coins, Red Peppers, Bread, Banana Cal 685	17 
18	19 Beef Tips w/Gravy, Confetti Couscous, Orange Glazed Carrots, Wheat Bread, Pineapple Cal 702	20 Christmas Meal Turkey w/Thin Gravy, Stuffing, Broccoli, Pears, Cranberry Sauce, Sugar Cookie w/Sprinkles Cal 729	21 Ground Beef Stuffed Pepper, Garlic Whipped Potatoes, Yellow Beans, Italian Bread, Apple Cal 664	Center Closed For Christmas Holiday	Center Closed For Christmas Holiday	24
25 	26 Beef Meatballs w/Teriyaki Sauce, Scalloped Potatoes, Broccoli, Dinner Roll, Apricots Cal 669	27 Lemon Garlic Cod, Cabbage & Noodles, Peas, Rye Bread, Fuji Apple Cal 648	28 Ground Beef Stuffed Cabbage, Garlic Whipped Potatoes, Carrot Coins, Wheat Bread, Peach Cuts Cal 611	Center Closed For New Year Holiday	Center Closed For New Year Holiday	31 