

Nutrition Menu

December 2018

Mon	Tue	Wed	Thu	Fri
3 A-BBQ Pork Rib Patty B- Baked Chicken Baked beans Corn Wheat bun Applesauce	4 A- Paprika Chicken B- Roast Beef Whipped Potatoes Green peas Wheat roll Fresh banana	5 A- Chicken Stir Fry B- Asian Meatballs Brown rice Ginger carrots Wheat bread Cookie	6 A- Turkey w/supreme sauce B- Pork Roast Buttermilk potatoes Spring Veg Blend Wheat roll Mandarin oranges	7 A- Meatloaf B--Broccoli Spinach Egg bake Oven Roasted Potato Italian Veg blend Wheat bread Fresh fruit
10 A- Country Fried Steak B- Pineapple Chicken Whipped Potato Lima Beans Wheat roll Fresh fruit	11 A- Macaroni & Cheese B-Beef Fiesta Mac Stewed tomatoes Green Beans Cornbread Cookie	12 A- Turkey/gravy B- Creole Beef Patty Roasted Potatoes Broccoli Multi grain bread Fresh fruit	13 A- Taco Beef B-Taco Chicken Lettuce/tomato Mixed beans Tortilla Peach crisp	14 A- Chicken Noodle Casserole B- Mushroom Beef Spinach Carrots Roll Mandarin Oranges
17 A- Lemon Pepper Chicken B- Beef Patty Roasted Potatoes Okra and Tomatoes Multi Grain bread Fresh Fruit	18 A- Hamburger Patty B- BBQ Rib Patty Scalloped Potatoes Green beans Wheat bun Pineapple tidbits	19 A- Pork Roast B-Mushroom chicken Brown Rice Brussel Sprouts Dinner roll Fresh Fruit	20 A-Ham & White beans B- Chilaquiles Cass. Scalloped Tomatoes Green Beans Cornbread Fruit Cocktail	21 Christmas Meal A- Sliced Ham B- Chicken w Gravy Sweet Potato Cass. Vegetable Blend Wheat Roll Gingerbread Cake
24 CLOSED Holiday	25 CLOSED Holiday	26 A- Swiss Steak B- Garlic Rosemary Chicken Whipped Potatoes Glazed Carrots Wheat Roll Tropical Fruit	27 A- Beef Chili B- Creole Chicken Baked Potato Broccoli Dinner Roll Cookie	28 A- Meatballs B-Chicken ala King Brown Rice Green Peas Biscuit Birthday Cake
31 CLOSED Holiday	Jan 1 CLOSED Holiday		Write your choice of menu option <u>A or B</u> on sign up sheet	Call <u>419-242-9511</u> 24 hrs. in advance to make a reservation