



December 2019

Senior Nutrition Program Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Chicken Curry Couscous, Roll & Indian Okra C1 - Salad Bar C2 - Spinach Salad w/Tomatoes Pineapple Cubes Orange Juice</p>	<p>3</p> <p>Beef Burrito Bowl Flour Tortilla Spicy Corn Pinto Beans Fresh Orange</p>	<p>4</p> <p>Grilled Pork Chop Whole Grain Roll Fresh Baked Sweet Potatoes Green Peas Fresh Pear</p>	<p>5</p> <p>Thai Sweet Chili Chicken Chow Mein Steamed Broccoli Asian Cabbage Salad Fresh Banana</p>	<p>6</p> <p>Honey Chipotle Meatballs Whole Grain Bread Cauliflower Mash Carrot Raisin Salad C1-Cream of Corn Soup C2-Cranberry Juice Fresh Honeydew</p>
<p>9</p> <p>BBQ Pulled Pork Sandwich French Roll Steamed Spinach Coleslaw C1-Potato Soup/Pear C2-Cherry Gelatin/Apple Juice</p>	<p>10</p> <p>Baked Turkey Stuffing Mashed Potatoes Broccoli Salad Cinnamon Sliced Peaches</p>	<p>11</p> <p>Chicken Fajitas Spanish Rice & Flour Tortilla Roasted Corn Medley Cucumber Salad Fresh Apple Orange Juice</p>	<p>12</p> <p>Spaghetti & Meat Sauce Garlic Green Beans Fresh Garden Salad Whole Orange</p>	<p>13</p> <p>Chicken w/Marsala Sauce Dinner Roll Steamed Zucchini Baked Winter Squash Fresh Cantaloupe</p>
<p>16</p> <p>Beef Stroganoff Whole Grain Bread Beet & Red Onion Salad Steamed Broccoli Vanilla Pudding Orange Juice</p>	<p>17</p> <p>Grilled Chicken Breast Corn Bread Seasoned Carrot Coins Cole Slaw Fresh Pear</p>	<p>18</p> <p>Beef Meatloaf Whole Grain Couscous Steamed Cauliflower French Cut Green Beans Banana</p>	<p>19</p> <p>Turkey A La King Whole Grain Bread Mashed Potatoes C1-Salad Bar C2-Spring Mix Salad w/Radishes Peaches</p>	<p>20</p> <p>Pork Lo Mein Whole Grain Lo Mein Noodle Garlic Bok Choy Sautéed Edamame Beans Baked Apple</p>
<p>23</p> <p>Mojo Chicken Whole Grain Corn Muffin Pinto Beans Sweet Plantains Fresh Cantaloupe</p>	<p>24</p> <p>Pork Adobo Whole Grain Roll Zucchini Medley C1-Salad Bar C2-Green Salad Chocolate Chip Cookie Orange Juice</p>	<p>25</p> 	<p>26</p> <p>Teriyaki Beef Brown Rice Green Cabbage Slaw Steamed Broccoli Mandarins</p>	<p>27</p> <p>Chicken Cacciatore Couscous Italian Blend Vegetables Kale & Spinach Salad w/Corn Fresh Banana</p>
<p>30</p> <p>Oven Roast Beef in Gravy Whole Grain Dinner Roll Mashed Potatoes Steamed Peas Fresh Orange</p>	<p>31</p> <p>Birthdays Recognition</p>  <p>Lemon Dijon Chicken Pasta w/Herbs Baked Winter Squash Coleslaw Peaches & Pineapple Fruit Cup</p>			