







December 2009

To access ingredient content, please call Senior Resources at 419-898-6459

Monday	Tuesday	Wednesday	Thursday	Friday
<p>LS Alt=Low Sodium Alternate LF Alt=Low Fat Alternate</p> <p>*** These items must be ordered in advance.</p> 	<p>1 World AIDS Day Pork with Apple Sauerkraut (LS Alt=Steamed Cabbage) Italian Green Beans Cornbread Stuffing Rye Bread Orange Juice</p>	<p>2 Hot Roast Beef Sandwich Steamed Cauliflower Harvard Beets Fresh Banana</p>	<p>3 Baked Ham (LS Alt:Chicken Salad) Riviera Blend Vegetables Crushed Pineapple Baked Sweet Potato Whole Wheat Roll</p>	<p>4 Hand Washing Awareness BBQ Chicken Warm German Potato Salad Spinach with Parmesan Cheese Buttermilk Biscuit Pudding</p>
<p>7 Pearl Harbor Anniversary Salisbury Steak Beets with Orange Sauce Baked Potato Whole Wheat Bread Grape juice</p>	<p>8 Salmon Patty Creamy Peas and Onions (ALT: Swiss Steak) Oven Baked Potato Wedges Blueberry Muffin Cranberry Juice</p>	<p>9 Pork Chop Stewed Tomatoes Lima Beans Whole Wheat Roll Orange Juice</p>	<p>10 Spaghetti and Meatballs Tossed Salad with Tomatoes Breadstick Peaches</p> 	<p>11 Turkey Tetrazzini Peas Spinach & Mandarin Orange Salad Dinner Roll</p> 
<p>14 Rubeen Casserole (ALT: Chicken Breast) Brussel Sprouts Potato Wedges Buttermilk Biscuit Divine Fruit Cocktail</p>	<p>15 Roast Pork Sautéed Cabbage Squash Peaches Oatmeal Bread Christmas Cookies</p> 	<p>16 Hanukkah Seasoned Baked Chicken Potato Latkes Applesauce Challah Bread Sparkling Grape Juice Jelly-Filled Donut</p>	<p>17 Roast Turkey Seasoned Greens Bread Dressing Buttered Peas Whole Wheat Bread Red Delicious Apple</p>	<p>18 La Posada Beef Burrito Mexican Corn Tropical Fruit Salad Spanish Rice Stewed Tomatoes Capirotada (Mexican Bread Pudding)</p>
<p>21 Orange Almond Chicken Breast Parsley Potatoes Mixed Vegetables Whole Wheat Roll Blueberries & Cheesecake</p>	<p>22 Shepherd's Pie Glazed Carrots Ambrosia Salad Rye Bread Angel Food Cake Saucy Peach Glaze</p>	<p>23 City Chicken (Skewed Pork) Pasta Salad Steamed Green Beans Apricot Halves Whole Wheat Bread Orange Juice</p>	<p>24 Centers Open till Noon</p> <p>No Home Delivered Meals No Meal Service to Senior Centers</p>	<p>25 Closed Merry Christmas!</p> 
<p>28 Kwanza Herb Baked Chicken Yams Green Beans Banana Cream Pie Golden Cornbread Peanut Butter Rice Crispy Treats</p> 	<p>29 Beef Tips over Egg Noodles Creamed Corn Tossed Salad Wheat Bread Applesauce</p>	<p>30 Egg Salad Croissant Creamy Tomato Soup Carrot and Raisin Salad Pineapple and Cottage Cheese Christmas Cookies <i>Oak Harbor, Genoa & HDM</i> <i>Birthday</i></p>	<p>31 Birthday Gala Country Fried Steak Mashed Potatoes & Gravy Corn Pear Halves Biscuit Christmas Cookies <i>PC, Danbury & Elmore B-day</i></p>	