

Congregate December Menu 2024

Name: _____ Date: _____

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
BBQ Chicken Thighs Roasted Brussel Sprouts-4oz. Mixed Veggies-4oz. Diced Pears-4oz. Hawaiian Roll-1 ea. Margarine-1 ea. Milk-8oz.	Meatloaf w/Gravy Redskin Potatoes-4oz. Sweet Peas-4oz. Fresh Apple-1 ea. Corn Bread-1 ea. Margarine-1 ea. 100% Fruit Juice-4oz.	HM Lasagna w/Beef Steamed Broccoli-4oz. Baby Carrots-4oz. Deluxe Fruit Salad-4oz. Garlic Stick-1 ea. Margarine-1ea. Milk-8oz. 	Turkey Burger w/Cheese Potato Wedges-4oz. Green Beans-4oz. Fruit Cocktail-4oz. WG Bun 100% Fruit Juice-4oz. 	Baked Fish-1 ea. Au Gratin Potatoes-4oz. Cole Slaw-4 oz. Mixed Fruit-4oz. Potato Roll-1 ea. Margarine-1 ea. Milk-8oz.
9	10	11	12	13
Beef Tacos Spanish Rice-4oz. Roasted Mexi Corn-4oz. Diced Peaches-4oz. Tortilla Sheels-2 ea. Milk-8oz.	HM Beef Stew w/Peas, Carrots, Potatoes Italian Green Beans-4oz. Fresh Apple-1 ea. Biscuit & Margarine-1 ea. 100% Fruit Juice-4oz.	HM Chicken Chili Steamed Broccoli-4oz. Diced Carrots-4oz. Fresh Pear-1 ea. Bread Stick-1 ea. Margarine-1 ea. Milk-8oz.	HM Stuffed Green Pepper Veggie Blend-4oz. Steamed Cauliflower-4oz. Pineapple Chunks-4oz. WG Crackers Margarine-1 ea. 100% Fruit Juice-4oz. 	Salisbury Steak in Gravy Steamed Spinach-4oz. Corn-4oz. Diced Peaches-4oz. Multi-Grain Roll-1 ea. Margarine-1 ea. Milk-8oz.
16	Deadline 12/10/24 17	18	Deadline 12/6/24 Christmas Luncheon 19	20
Chicken Parmasen-1 ea. Steamed Spaghetti-2oz. Veggie Blend-4oz. Diced Pears-4oz. Whole Grain Garlic Bread-1 ea. Margarine-1 ea. Milk-8oz.	HM Chicken Salad Fresh Sliced Cucumbers Deluxe Fruit Salad Croissant Lemonade	Antipasto Salad w/Ham, Pepperoni & Salami Carrot Sticks w/Dip Sliced Pears-4oz. Wheat Roll-1 ea. Salad Dressing-1 pkt. Milk-8oz.	Glazes Pork Loin Roasted Veggie Medley Candies Yams HM Holiday Brownie Apple Crisp Wheat Roll & Margarine 100% Fruit Juice-4oz. 	Country Style Chicken Diced Potatoes-4oz. Sweet Peas-4oz. Applesauce Dinner Roll-1 ea. Margarine-1 ea. Milk-8oz.
23	24	25	26	27
Steak Fajitas Cilantro Lime Rice-4oz. Chuck Wagon Veggies-4oz. Pineapple Cup-1 ea. Tortilla Shell Margarine Milk-8oz.	CLOSED 	CLOSED 	CLOSED 	CLOSED
30	31			
CLOSED 	CLOSED 			

You need to call the senior center the day before by 12:30 pm to schedule for lunch @ 810-658-1566