




DECEMBER 2018 Menu						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>FUNCTION HALL AVAILABLE – have your event here!!</b>	PLEASE REMEMBER THE MENU IS SUBJECT TO CHANGE			Two Chinese men break into a distillery...  One turns to the other and says, "Is it whiskey?"  He says, "Yes, but not as whiskey as wobbling a bank."	1  	
	3 <b>Macaroni &amp; Cheese With Hot Dog Vegetables</b>  Fruit	4	5 <b>Chili w/Quesadilla Tortilla Chips Corn Bread Corn Key Lime Tart</b>	6 <b>Baked Ziti w/Meat Sauce Garlic Bread Vegetables</b>  Pineapple Upside Down Cake		
Bread & Butter included w/meal as well as a second veggie option.	10 <b>Chicken Marsala over Noodles Vegetables</b>  Apple Crisp	11	12 <b>Liver &amp; Onions Potatoes w/Gravy OR Sausage Sub w/Peppers &amp; Onions Chips Brownie</b>	13 <b>Meatloaf Potatoes w/Gravy Vegetables</b>  Cheesecake	14	15
As well as all the love and respect that food service professionals can give.	16  	17 <b>Shake n Bake Pork Chops Potatoes/Gravy Vegetables Strawberry Shortcake</b>	18 19 <b>Hot Turkey Sandwich Potatoes/Gravy Vegetables Fruit</b>	20 <b>CHRISTMAS DINNER</b> Roast Beef, Potatoes, Green Beans, Carrots Blueberry or Choc Cream Pie	21	<b>REMEMBER YOUR <u>DAILY</u> NUTRITIONAL REQUIREMENTS</b>  
	24 CLOSED  31 CLOSED	25	26 CLOSED	27 CLOSED	28	GRAINS: 7 to 8 ounces PROTIEN: 6 ounces MILK 2 to 3 cups VEGGIES: 2.5 cups FRUIT 2 to 2.5 cups OILS: 2 teaspoons

**LUNCH SERVED AT NOON – ARRIVE ANY TIME AFTER 11:45 SUGGESTED DONATION \$3 FOR SENIORS \$5 FOR ALL OTHERS**

**ACTIVITIES: Senior Bingo – Mondays, Wednesdays & Thursdays 10:00-11:45am \$5.00**

**Chair Yoga – Mondays 8-9am \$5.00**

**Eyeglass Day, Third Thursdays**

**WIC – every 3<sup>rd</sup> Tuesday 10am – 1pm**