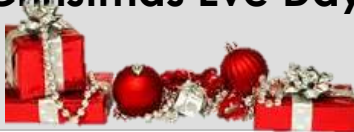


Monday	Tuesday	Wednesday	Thursday	Friday
* Meets Vitamin C requirement **Meets Vitamin A requirement for Department of Aging ***Meets Vitamin A & C [=] Potassium-rich Lunch meets 1/3 requirement for the Recommended Daily Allowance.			Merry Christmas Happy Hanukkah Happy Kwanzaa to you all!	
				Beef Fajita 1 Corn Chowder Soup Mexican Rice, Tortilla [=]***Mixed Salad w/Spinach, Shredded Cabbage & Brussels Sprouts [=]LS Pinto Beans [=]Banana
Baked Breaded Fish 4 Minestrone Soup WG Bread *Coleslaw **Red Potatoes w/Rosemary Apple or Applesauce	Chicken Adobo 5 Vegetable Brown Rice Pilaf [=]**Whipped Butternut Squash or Sweet Potato Green Bean w/Mushroom [=]*Orange or Tangerines or Cantaloupe***	Stuffed Manicotti or Shells w/Meat Sauce 6 Mesclun Salad Mix Zucchini and Cauliflower *Pineapple & Mandarin Fruit Cup	Swedish Meatballs 7 Tarragon Noodles Mixed Green Salad Peas & Corn Chocolate Pudding [=]*Orange Juice	Holiday Menu 8 Roast Beef w/Brown Sauce Brown Rice Veg. Pilaf [=]***Spinach Salad w/Mandarin Orange Green Beans w/Pimento Apple Pie or Tart
Shepherd's Pie 11 (Turkey w/mushrooms, onions, mashed potatoes, peas & corn) WG Roll or Bread Romaine Salad w/Tomato & Cucumber *[=]Fruit Cup w/Pineapple, Orange, Melon (mixed))	Soft Fish Taco w/Salsa 12 Tomato Soup Flour or Corn Tortilla ***Shredded Cabbage, Bell Pepper, Shredded Carrots [=]Pinto Beans Fresh Peach or Unsweetened canned	Brisket w/Caramelized Onions 13 Whole Grain Bread [=]**Whipped Sweet Potato Broccoli** [=]Banana [=]*Orange Juice	Chicken Dijon 14 Lemon Orzo Soup Farro Risotto (celery/onion) Mesclun Salad Mix **Herbed Carrots [=]*Orange or Tangerines or Cantaloupe**	Roast LS Turkey w/LS Sauce 15 Bulgur Pilaf *Coleslaw Green Beans w/Mushrooms Oatmeal Cookie
Moroccan Style Chicken 18 Pita Bread ***Spinach Salad w/LS Chickpeas, Mandarin Orange Zucchini & Carrots** Lemon Pudding	Spaghetti & Meatballs 19 Vegetable Soup Caesar Salad w/Romaine, Croutons Italian Green Beans w/Olive Oil [=]*Orange or Tangerines or Cantaloupe**	Tarragon Turkey Stew 20 **Vegetables in entrée (Peas, Mushrooms, Carrots) Biscuit *Creamy Coleslaw Vanilla slice/Diced Pear	Baked Fish 21 w/Dill or Lemon Sauce LS Tomato Basil Soup Brown Rice **Butternut Squash ***Broccoli Salad w/raisin, red onion Apple or Cinnamon Applesauce	Closed Christmas Eve Day 22 
 Closed Christmas Day 25	Closed Day After Christmas 26	Meatloaf 27 w/LS Mushroom Sauce Whole Grain Bread, [=] Sage Mashed Potatoes Mesclun Salad Mix Apple or Applesauce [=]*Orange Juice	Turkey & Curry Vegetables 28 Bulgur Wheat ***Spinach Salad w/Bell Pepper and Apple Cauliflower & Peas [=]Banana	Tuna Salad Cold Plate 29 Mixed Salad Greens w/Leaf Lettuce & Tomatoes Mushroom Soup WG Roll or Bread, *Coleslaw Fresh Pear, Grapes or Plum