HRDC Senior Center's Menu
December-17

Monday	Tuesday	Wednesday	Thursday	Friday
Age 60 and Over Suggested Donation $3.75 Under Age 60 Full Pay $5.00		December		12/1/2017 Pot Roast Potatoes Carrots Butter Beans Butterscotch Fluff Whole Wheat Dinner Roll** LS V-8 Juice Milk
12/4/2017	12/5/2017	12/6/2017	12/7/2017	12/8/2017
Spaghetti w/ Meat Sauce Tossed Salad Italian Mixed Veggies Garlic Bread Stick Apple Juice Milk	Ham/Cheese Quiche Cream of Broccoli Soup (with added broccoli) Mixed Veggies Biscuit Pineapple Juice Brownie/ Milk	BBQ Chicken Sweet Potato Wedges Lima Beans Cauliflower seasonal fruit Whole Wheat Bread ** Grape Juice / Milk	Parmesan Crusted Fish Mac n Cheese Stewed Tomatoes Whole Wheat Bread Pickled Beets 100% Orange Juice Cookie / Milk	Oven Roasted Turkey Mashed Potatoes w/ Gravy Carrots Green Beans Pears 100% LS V-8 Juice Whole Wheat Bread/Milk
12/11/2017	12/12/2017	12/13/2017	12/14/2017	12/15/2017
Italian Meatballs Penne Pasta w/ Marinara Sauce Italian Mxed Veggies Garden Salad Garlic Bread Stick Apple Juice Milk	Beef Barley Soup Chicken Salad Sandwich on Whole Wheat Bun Coleslaw Peaches Pineapple Juice Lemon Fluff Milk	Philly Cheese Steak Whole Grain Hoagie Roll Seasoned Lettuce with Chunk Tomatoes Baked Chips Grapes 100% Orange Juice Milk	 **Chef's Choice**	Lemon Pepper Baked Fish Baked Sweet Potato Stewed Tomatoes Pickled Beets Lima Beans 100% LS V-8 Juice Whole Wheat Bread Cake/ Milk
12/18/2017	12/19/2017	12/20/2017	12/21/2017	12/22/2017
Swedish Meatballs over brown Rice Broccoli Spinach Whole Wheat Bread Peaches Apple Juice Milk	Chicken Patty on Whole Wheat Bun Vegetable Soup French Fries Applesauce Pineapple Juice Milk	BBQ Chicken Sweet Potato Wedges Lima Beans Cauliflower seasonal fruit Whole Wheat Bread ** Grape Juice Milk	Pollock Fish Nuggets Seasoned Spuds Baby Carrots Brussel Sprouts Whole Wheat Bread 100% LS V-8 Juice Cookie Milk	CHRISTMAS DINNER Beef Brisket w/ Au Jus Garlic Red Potatoes Asparagus Prince Edward Veg Blend Grape Juice CheeseCake Dinner Roll**/Milk
12/25/2017	12/26/2017	12/27/2017	12/28/2017	12/29/2017
		Turkey Burger (Ground turkey/Cheddar cheese) WW Bun Baked Beans Spinach tropical fruit mix Apple Juice Milk	Meatloaf Mashed Potatoes Shaved Brussel Sprouts Carrot Coins Whole Wheat Bread** Pudding Pineapple Juice Milk	NEW YEARS MEAL Pork Loin Sauerkraut Smashed Red Potatoes Collard Greens Whole Wheat Bread Grape Juice Dessert/ Milk

*Substitutions may be made according to availability of items

** ADC add slice bread for grain requirement

HRDC is an Equal Opportunity Provider

8/21/2017