



December 2009 Lunch Menu

Approved by: Colleen T. Keller, R.D.

Happy Holidays



Monday	Tuesday	Wednesday	Thursday	Friday
	1] Braised Beef Tips Buttered Peas Whipped Winter Squash Fresh Banana	2] Breaded Fish Vegetable Medley Pear & Mandarin Crisp Graham Crackers	3] Roasted Pork with Apples Sautéed Green Beans Buttered Cauliflower Lemon Pudding	4] Country Steak with gravy Scalloped Potatoes Parsley Buttered Carrots Spiced Peaches
7] Pineapple Glazed Ham Southern Style Greens Cheese Grits Pumpkin Custard	8] Turkey Pot Pie Glazed Carrots Fresh Golden Apple	9] Old Fashioned Meatloaf Buttered Spinach Baked Noodles Fruited Yogurt	10] Shrimp Fried Rice Oriental Vegetable Medley Tropical Pineapple Tapioca Pudding	11] Roasted Chicken Thighs Sweet Potato Pudding Butter Beans Fresh Grapes
14] Pasta Shells with Meat sauce Steamed Broccoli Peach Crème Fraiche	15] Pork Chops with gravy Green Beans BBQ Roasted Vegetables Fruit Cocktail	16] Turkey Loaf with gravy Stewed Tomatoes Spinach Soufflé Gingersnaps	17] Pot Roast & Gravy Braised Red Cabbage Mashed Potatoes Fresh Apple	18] Baked Fish Provencal California Vegetable Medley Buttered Rice Mandarin Oranges
21] Brunswick Stew Seasoned Peas Spoon bread Apple Betty	22] Caramelized Baked Chicken Brussels Sprouts Ginger Pear Crumble Vanilla Pudding	23] Italian Meatloaf Broccoli Soufflé Parslied Potatoes Fresh Pear	24] Christmas Meal Maple Glazed Ham Corn Pudding Collard Greens Apple Pie	25] Merry Christmas No Meal Delivery Frozen Meal delivered on Wed 12/23: Roast Turkey, Bread Dressing, Smothered Green Beans, Spiced Pears
28] Chicken Cobbler Autumn Fruit Compote Vanilla Wafers	29] Braised Beef Tips Buttered Peas Whipped Winter Squash Fresh Banana	30] Breaded Fish Vegetable Medley Pear & Mandarin Crisp Graham Crackers	31] Roasted Pork with Apples Buttered Green Beans Buttered Cauliflower Lemon Pudding	1] New Year's Day No Meal Delivery Frozen Meal delivered on 12/30: Chicken Hoppín John, Stewed Tomatoes, Collard Greens, Cherry Cobbler

Meal includes 1% milk or 100% fruit juice. Fruits are unsweetened. Bread includes 1 pat of butter.

Menu may change without notice