

DECEMBER MENU 2023

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Grilled Cheese Sandwich on WW bread Vegetable Soup Pickled Beets Fresh Apple Low-Fat Milk
4 Roasted Turkey Breast w/ LS Gravy Herb Roasted Red Potatoes Collard Greens Cornbread Sliced Peaches Low-Fat Milk	5 Beef Tips w/ Rice Steamed Carrots Spring Mix Salad lite dressing SF Chocolate Pudding with Strawberries Low-Fat Milk	6 Lima Beans sliced onions Stewed Tomatoes Creamed Corn Cornbread Cooked Apples w/ Cinnamon Low-Fat Milk	7 Sweet and Sour Chicken Brown Rice Seasoned Broccoli Oatmeal Raisin Cookie Low-Fat Milk	8 Hot Dogs Chili Bar (Variety Topping) Baked Potatoes Frito Chips Cupcakes Tea Water
11 Spaghetti w/ meat Sauce Tossed Salad w/ Choice: of lite dressing Green Beans Garlic Bread SF Vanilla Pudding w/ mandarin oranges	12 Vegetable Quiche 2 Turkey Sausage Links Whole Wheat Toast honeydew Cranberry Juice Low-Fat Milk	13 Mexican Bake Roasted Corn Sautéed Brussel Sprouts Fruit Cocktail Low-Fat Milk	14 Chicken and Dumplings Herbed Tomatoes Green Peas WW roll w/ margarine Orange Jell-o w/ Pineapple Low-Fat Milk	15 <i>**Luncheon in Greenville</i>
18 Hamburger on WW Bun w/ Low Fat American Cheese Lettuce, Tomato and Onion Broccoli Salad Fresh Grapes Low-Fat Milk	19 Sliced Turkey Breast Gravy & Cranberry Sauce Baked Sweet Potato w/ margarine Green Peas Cornbread Dressing Ambrosia Low-Fat Milk	20 Chili Macaroni Green Beans Steamed Squash WW roll w/ margarine Mixed Tropical Fruit Low-Fat Milk	21 Oven Roasted Chicken Breast Macaroni & Cheese Turnip Greens Brownie Low-Fat Milk	22 <i>**Christmas Holiday (Center Closed)</i>
25 <i>**Christmas Day (Center Closed)</i>	26 Oven Crispy Chicken Honey Mustard Sauce Glazed Carrots Green Peas WW Roll Pineapple Low-Fat Milk	27 Turkey Meatloaf w/t brown gravy Seasoned Cabbage Mashed Potatoes Cornbread SF Peach Jell-o with peaches Low-Fat Milk	28 Lemon Pepper Fish Black-Eyed Peas Stewed Tomatoes WW roll w/ margarine Glazed Pears w/ Cinnamon Low-Fat Milk	29 Grilled Cheese Sandwich on WW bread Vegetable Soup Pickled Beets Fresh Apple Low-Fat Milk