# AGING & DISABILITY RESOURCE CENTER

## December 2024

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| **2**<br>**Tater Tot Casserole**<br>Breadstick<br>Irish Vegetable Blend<br>Mandarin Oranges<br>Pudding | **3**<br>**Corn Chowder**<br>Roast Beef & Provolone Sandwich<br>Cucumber Tomato Salad<br>Fruit Juice | **4**<br>**Meatloaf w/ Gravy**<br>Whole Grain Dinner Roll<br>Mashed Potatoes<br>Carrots<br>Apple Crisp | **5**<br>**Honey-Lemon BBQ Chicken**<br>Whole Grain Dinner Roll<br>Mashed Sweet Potatoes<br>Sauteed Spinach<br>Coleslaw Vinaigrette<br>Fruit & Grain Cereal Bar | **6**<br>**Italian Sausage on a Bun**<br>Onions & Peppers<br>Corn<br>Lentil Bean Salad<br>Warm Spiced Peaches |
| **9**<br>**Baked Ziti**<br>Garlic Herb Breadstick<br>Broccoli<br>Peaches & Pears | **10**<br>**Chicken Cordon Bleu**<br>Brown Rice<br>Broccoli<br>Apple Coleslaw<br>Pretzels | **11**<br>**Breakfast for Lunch**<br>Pancakes w/ Syrup<br>Sausage Patty<br>Hashbrown<br>Apple Cinnamon Coffee Cake<br>Warm Glazed Apples | **12**<br>**Sloppy Joe**<br>Baked Beans<br>Potato Salad<br>Pineapple<br>Granola Bar | **13**<br>**Beef Pot Roast w/ Gravy**<br>Whole Grain Dinner Roll<br>Parsley Red Potatoes<br>Butternut Squash<br>Three Bean Salad<br>Mint Frosted Fudge Brownie |
| **16**<br>**Chicken a la King**<br>Whole Grain Dinner Roll<br>Glazed Carrots<br>Peaches | **17**<br>**Meatballs w/ Tomato Sauce**<br>Pasta<br>Whole Grain Dinner Roll<br>Mixed Vegetables<br>Cucumber Salad<br>Fruited Gelatin | **18**<br>**Chicken Booyah w/ Crackers**<br>Whole Wheat Bread<br>Garden Salad<br>Pumpkin Bar | **19**<br>**Roasted Pork w/ Sauerkraut**<br>Whole Wheat Bread<br>BBQ Pinto Beans<br>Corn<br>Oreo Cookies | **20**<br>**Beef Stew**<br>Whole Grain Dinner Roll<br>Peas<br>Frosted Lemon Cake<br>Fruit Juice |
| **23**<br>**Baked Tilapia**<br>Rye Bread<br>Roasted Garlic Potatoes<br>Beets<br>Pears | **24**<br>*Happy Holidays!* | **25** | **26**<br>**Asian Beef**<br>Whole Grain Dinner Roll<br>Vegetable Fried Rice<br>Glazed Carrots<br>Mandarin Oranges | **27**<br>**Bruschetta Chicken**<br>Whole Wheat Bread<br>Lentils<br>Italian Vegetable Blend<br>Garden Salad<br>Pudding |
| **30**<br>**Meatballs w/ Gravy**<br>Whole Grain Dinner Roll<br>Brown Rice<br>Peas<br>Garden Salad<br>Orange | **31**<br>HAPPY NEW YEAR | | | **Suggested Contribution: $5/meal.**<br><br>**Please pay as much as you can afford. We rely on donations to keep the program going.** |

All Meals are Served with 1% Milk | Due to circumstances beyond our control, menu changes may occur from time to time.

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