December

York County

Monday	Tuesday		Wednesday	Thursday	Friday
2 3oz Teriyaki pork 1/2c. Rice 1/2c Carrots 1 Dinner Roll Fresh Fruit	3oz Pot Roast w/ 2oz Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables Wheat Bread 1/2c Fruit Crisp		4 1 Italian Burger (1T Peppers, Onions, White Cheese) 1c Creamy Potato Soup 1 Hamburger Roll Seasonal Fresh Fruit	5 3oz Open Faced Turkey Sandwich w/ 2oz Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn 1 wheat bread 1 Cookie	6 1 BBQ Pork Ribette 1/2c Hashbrown Cubes 1/2c Green Beans 1 Sandwich Bun 1/2c Pineapple Delight
9 1 Cheese Omelet 1 Sausage Patty 1/2c Breakfast Potatoes 1 English Muffin w/ Jelly 4oz Apple Juice	Burgundy Glazed Meatballs (4) 1/2c Rice 1/2c Carrots 1 Italian Breadstick Fresh Orange	10	11 Grilled Chicken Salad (2oz Chicken, 1oz Cheddar, HB Egg over 1c Mixed Greens) 1c Cream of Broccoli Soup 1 Dinner Roll jello	12 3oz Cajun Shrimp 1/2c Creamy Pasta 1/2c Peas 1 Breadstick 1/2c Pineapple	13 3oz Open Faced Roast Beef w/ 2oz Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables 1 wheat bread 1/2c Pudding
16 1 Pizza Burger (1oz Sauce,5oz Mozzarella) 1/2c Potato wedge 1/2c corn Hamburger Bun 1/2c Fruit Crisp	3oz Pork Chop w/ 2oz Gravy 1/2c. Rice 1/2c Candied Carrots 1 Dinner Roll cookie	17	Holiday Special!183oz Roast Turkey w/ 2oz Gravy1/4c. Homeade Stuffing1/2c Whipped Potatoes1/2c. Seasoned Peas & CarrotsDinner RollApple Pie	19 1 Lasagna w/ 2oz Meat Sauce 1c Tossed Salad w/ Tomato 1/2c Green Beans 1 Garlic Breadstick Fresh Fruit	20 Chicken Bruschetta (3oz Chix, 2oz Tomato, .5oz Cheese 1/2c Pesto Pasta 1/2c Capri Blend Vegetables 1 Dinner Roll Fresh Fruit
23 1c Chicken & Dumplings 1/2c Mixed Vegetables Whole Grain Buttermilk Biscuit Fresh Orange	STEWARTSTOWN SENIOR CENTER CLOSED TODAY Happy Christmas Eve!	24	Christmas Day! 25	26 STEWARTSTOWN SENIOR CENTER CLOSED TODAY Enjoy a day off!	27 Pasta & Meatballs (4) 3/4c Pasta w/ Marinara 1c Tossed Salad w/ Tomato 1 Garlic Breadstick 1/2c Mixed Fruit Salad
30 3oz Honey BBQ Chicken Breast 1/2c Brown Rice 1/2c Carrots Wheat Bread Seasonal Fresh Fruit	New Years Eve! STEWARTSTOWN SENIOR CENTER CLOSED TODAY Happy New Year!	31			Nutrition Group