

# Congregate Senior Nutrition Program

## December 2024 – Menu

<b>2 – Monday</b> Salisbury Steak w/gravy Zucchini & Tomatoes Whipped Potatoes w/gravy  Applesauce Graham Crackers <b>CELEBRATE BDAYS</b>	<b>3 – Tuesday</b> Swiss Chicken Casserole Seasoned Peas and Carrots Seasoned Red Beets Diced Peaches SF Vanilla Pudding	<b>4 – Wednesday</b> Pork Loin w/gravy Bread Dressing w/gravy Spinach w/ vinegar pk Kidney Bean Salad Pineapple Lorna Doones	<b>5 – Thursday</b> Veggie Frittata w/cheese Potatoes O'Brien Sausage Apricots WW Bread	<b>6 – Friday</b> Meatloaf w/gravy Whipped Potatoes w/gravy Seasoned Wax Beans Mixed Fruit SF Chocolate Pudding Bread
<b>9 – Monday</b> Mexican Chicken and Rice w/cheese Corn Broccoli Mandarin Oranges Graham Crackers Salsa & Sour Cream	<b>10 – Tuesday</b> Sloppy Joe Potatoes O'Brien Wax beans Tossed Salad w/Ranch Bun Pears <b>CHRISTMAS PARTY @                  THE WOODS</b>	<b>11 - Wednesday</b> Shepherd's Pie Lima Beans Tarragon Baby Carrots Peaches Bread <b>CHRISTMAS PARTY                  @ OXFORD HOUSE</b>	<b>12 – Thursday</b> Tilapia <b>OR</b> Grilled Chicken Breast White Rice Garlic Green Beans Mixed Fruit SF Chocolate Pudding <b>CHRISTMAS PARTY @                  SCOVILL SENIOR CNT</b>	<b>13 - Friday</b> Ham & Beans Corn Bread California Blend Tossed Salad w/ Reg Ranch Diced Peaches Bread
<b>16 – Monday</b> Salisbury Steak w/gravy Whipped Potatoes w/gravy Zucchini & Tomatoes Pears SF Vanilla Pudding Bread	<b>17 – Tuesday</b> Chicken and Noodles Seasoned Corn Spinach w/ vinegar pk Mandarines SF Chocolate Pudding	<b>18 – Wednesday</b> <b>CHRISTMAS MEAL</b>  <b>TBA</b> 	<b>19 – Thursday</b> Shredded Pork w/homemade BBQ Baked Beans Broccoli Cole Slaw Applesauce Bun	<b>20 – Friday</b> Tender Beef Pot Roast w/gravy Potatoes w/gravy California Blend Apricots Vanilla Wafer Bread
<b>23 – Monday</b> Sloppy Joe Roasted Sweet Potatoes Seasoned Peas Bun Mixed Fruit SF Vanilla Pudding	<b>24 – Tuesday</b> <b>NO LUNCH SERVED                  TODAY</b>  <b>CHRISTMAS EVE</b>	<b>25 – Wednesday</b> <b>NO LUNCH SERVED                  TODAY</b>  <b>CHRISTMAS DAY</b>	<b>26 – Thursday</b> Chicken Pot Pie Seasoned Broccoli Cauliflower Diced Peaches Graham Crackers - 2	<b>27 – Friday</b> Honey Sriracha Pork Garlic Green Beans White Rice Diced Pears Angel Food Cake
<b>30 – Monday</b> Goulash Green Beans Lorna Doones Pears Breadstick	<b>31 – Tuesday</b> Beef Stew Seasoned Wax Beans Potatoes w/gravy Apricots SF Vanilla Pudding Biscuit	<b>1 – Wednesday</b> <b>NO LUNCH SERVED                  TODAY</b>  <b>HAPPY NEW YEAR                  2025!!</b>	<b>2 – Thursday</b> Honey Dijon Pork Roasted Sweet Potatoes Italian Vegetable Blend Applesauce Bread Vanilla Wafers	<b>3 – Friday</b> Tuna Noodle Casserole <b>OR</b> Turkey Patty w/gravy over White Rice Seasoned Broccoli Seasoned Cauliflower Mixed Fruit Graham Crackers Bread

\*\*AQF desserts are diabetic-friendly treats for every palate. Our mixes are sugar free or no sugar added,

trans fat free, low cholesterol, low sodium and a good source of fiber. SF – sugar free **\*\*Menu is subject to change\*\***

**All Meals served with 1% Milk/Tea/Water**

**SIGN UP 2 DAYS IN ADVANCE – 217-428-3459 / SUGGESTED DONATION \$4.00  
 (Full price \$8.00)**