

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Creamy Beef and Mushrooms Sauce Egg Noodle Whole Wheat Bread Roasted Zucchini Cantaloupe</p> 	<p>4 A Nice Vegetable Soup Fish with Creole sauce Baked Potatoes Whole Wheat Dinner Roll Mixed Green Salad Apple Juice Canned pears</p>	<p>5 Whole Wheat Vegetable Lasagna Whole Wheat Bread Sautéed String Beans Orange</p>	<p>6 READY SENIOR CENTER OF THE YEAR Italian Roast Chicken Rice Pilaf California Blend Vegetables Apple Sauce Orange Pineapple Juice</p>	<p>7 Beef Salisbury Steak with Mushroom Sauce Whole Wheat Bread Smashed Mixed Potatoes and Cauliflower Steamed Spinach Canned Pineapple Grape Juice</p>
<p>10 Garlic Chicken Meatballs Whole Wheat Bread Whole Wheat Spaghetti Broccoli and Red Peppers Applesauce Orange pineapple Juice</p>	<p>11 A Nice Vegetable Soup Baked Fish with Garlic Sauce Brown Rice Brussel Sprouts Apple Juice Sliced Canned Peaches</p>	<p>12 Chicken in Mushroom Gravy Roasted Potatoes Whole Wheat Bread Sautéed Spinach Grapes</p>	<p>13 Bigos (Hunters Stew) Egg Noodles Baby Carrots with Parsley Grape Juice Orange</p>	<p>14 HOLIDAY LUNCH Orange Glazed Cornish Hen Potato Latke with Apple Sauce Tossed Salad Mixed Vegetables Dinner Roll Ice Cream & Cookies Orange</p>
<p>17 Chicken Meatballs With Carrot Sauce Whole Wheat Spaghetti Baby Spinach Salad Apple Juice Fruit Cocktail</p>	<p>18 BIRTHDAY CELEBRATION Ginger Lime Salmon Wild Rice Brussel Spouts Whole Wheat Bread Mixed Salad Orange Pineapple Juice Apples Cake/Ice Cream</p>	<p>19 Eggplant Parmesan Bowtie Pasta Garlic Bread Mixed Green Salad Orange</p>	<p>20 Chicken Marsala Smashed Red Potatoes Whole Wheat Bread Steamed Kale Grape Juice</p>	<p>21 Black Bean Soup Lemon Pepper Cod Whole Wheat Bread Yellow Plantains Winter Blend Vegetables Grapes</p>
<p>24 CENTER CLOSED CHRISTMAS HOLIDAY</p> 	<p>25 CENTER CLOSED CHRISTMAS HOLIDAY</p>	<p>26 Baked Fish with Sauce Spaghetti Italian Blend Vegetables Whole Wheat Bread Fruit Cocktail</p>	<p>27 Beef Meatloaf with Mushroom Gravy Kasha Whole Wheat Bread Steamed Kale Banana</p>	<p>28 BBQ Chicken Leg Quarters Rice Pilaf Sautéed String Beans Apple Juice Canned Pears</p>
<p>31 Baked Fish with Sweet & Sour Sauce Quinoa with Kale and Carrots Broccoli & Red Peppers Whole Wheat Bread Sliced Pears Orange/Pineapple Juice</p>	<p>1 CENTER CLOSED NEW YEAR'S DAY</p> 	<p>SAVE THE DATE FRIDAY JANUARY 4TH MEMBERSHIP APPRECIATION DAY FREE LUNCH</p>	<p>Meals are chosen from the DFTA pre-approved menus, which provide a nutritionally balanced diet</p>	<p>Alternates available daily— You must place your choice no later than 11:30AM</p>