


2017 December

Meals served at 12:00pm/ Montour site 11:45am

Note: Menu subject to change

For reservations call 535-7470 by 9am

Mon	Tue	Wed	Thu	Fri
	<p>All Meals served with 2% or Fat Free Milk Bread/Roll & Margarine Available upon request</p>			<p>1 Turkey divan Broccoli Brown rice Muffin/margarine Banana Cranberry juice</p>
<p>4 Chili w/ beans Mixed vegetables Corn bread Cinnamon applesauce juice</p>	<p>5 Lasagna Prince Edward vegetables Spice muffin Yogurt w/ berries Juice</p>	<p>6 Salisbury steak w/ gravy Rice Pilaf Beets Whole wheat bread/margarine Carrifruit salad Orange juice</p>	<p>7 Stuffed chicken breast Mashed potato w/gravy Spinach Molded cucumber salad WW dinner roll/margarine Cherry pie</p>	<p>8 Ham loaf w/cranberry glaze Winter squash Carrots Pineapple fruit mix Fresh orange</p>
<p>11 Baked chicken w/ gravy Scalloped cabbage Mashed potatoes Pea & beet salad Fruit fluff</p>	<p>12 Swedish meatballs Brown rice Green/wax bean mix Chickepea salad WW dinner roll/margerine Pears</p>	<p>13 CHRISTMAS DINNER Baked ham w/ raisin sauce Broccoli w/cheese sauce Yams Coleslaw Dinner roll/margarine Molded elf salad</p>	<p>14 Pepper steak Whipped Potatoes Angie's salad WW dinner roll/margarine Peach apple salad juice</p>	<p>15 Cheese strata Harvard beets Corn, black bean, citrus salad Peaches Juice</p>
<p>18 Swiss steak w/tomato sauce Winter squash Fruit cup Brown rice Apple brownie</p>	<p>19 Macaroni & cheese Scalloped tomatoes Spinach salad Whole wheat bread/margarine Fruit ambrosia</p>	<p>20 Chicken & gravy on a biscuit Carrots Tossed salad w/ dressing Strawberries & bananas</p>	<p>21 Pork w/ mushroom gravy Steamed potato Succatash Whole wheat dinner roll/marg Applesauce Grape juice</p>	<p>22 Goulash Broccoli Cottage cheese w/fruit Juice Pudding w/ topping</p>
<p>25 CHRISTMAS DAY <i>Merry Christmas!!</i> (Closed)</p>	<p>26 Irish pork stew Dinner roll Beet & onion salad Pineapple & mandarin oranges</p>	<p>27 Shepherd's pie Capri vegetables Cornbread Tropical fruit cup Pudding w/ topping</p>	<p>28 Turkey rice casserole Italian green beans Dinner roll/margarine Fruited gelatin Cranberry juice</p>	<p>29 Scalloped potatoes w/ ham Peas w/ pearl onions Dinner roll/margarine Pears juice</p>