

Neighborhood House 309-674-1131

# DECEMBER 2021

(Meals are subject to change)

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

<p><b>Milk is included in all meals</b></p> <p><b>Meal Components</b></p> <ul style="list-style-type: none"> <li>• <b>3 oz. serving meat /protein</b></li> <li>• <b>1 1/2 cups vegetable and/or fruit</b></li> <li>• <b>2 servings grain</b></li> <li>• <b>8oz low fat milk</b></li> </ul> <p><b>Guests/Private Pay \$5.00</b></p> <p><b>Recommended Donation for Home Delivery &amp; Congregate Programs \$3.00</b></p>			<p>1</p> <p>Hot Dog Baked Beans Mixed Vegetables WG Bun Peaches</p>	<p>2</p> <p>Chicken Parmesan Peas Cauliflower WG Roll Pineapple</p>	<p>3</p> <p>Hamburger Patty Tater Tots Broccoli WG Bun Tropical Fruit</p>	<p><b>Tremont</b></p> <p><b>Pekin</b></p> <p><b>Washington Heartland Apt.</b></p> <p><b>*** Cold Meal will be delivered 12/23</b> <b>Lettuce Salad</b> <b>Diced Ham</b> <b>Tomatoes/cheese/ onion/ Craisins</b> <b>Peaches</b> <b>Hawaiian Roll</b></p> <p><b>*** COLD MEAL Will be delivered 12/30</b></p> <p><b>Spinach Salad</b> <b>Diced Chicken</b> <b>Tomatoes/Cheese/ Onion/ Craisins</b> <b>Pears</b> <b>Hawaiian Roll</b></p>
	<p>6</p> <p>Pulled Pork Lima Beans Carrots WG Bun Apple</p>	<p>7</p> <p>Lemon Chicken Green Beans Cauliflower WG Roll Peaches</p>	<p>8</p> <p>Egg Omelet W/Cheese French Toast Stewed Tomatoes Peas Applesauce</p>	<p>9</p> <p>Shrimp &amp; Grits Broccoli Beets Pears</p>	<p>10</p> <p>Chicken Tenders Brussel Sprouts Mixed vegetables Pineapple</p>	
	<p>13</p> <p>Sloppy Joes Peas Carrots WG Bun Orange</p>	<p>14</p> <p>Chicken Taco Lettuce/Tomato/Cheese Black Beans Corn WG Tortilla Tropical Fruit</p>	<p>15</p> <p>Beef Stroganoff WG Noodles Green Beans Cauliflower Pears</p>	<p>16</p> <p>B.B.Q. Chicken Mixed Vegetables Broccoli WG Roll Peaches</p>	<p>17</p> <p>Sausage Patty English Muffins Hominy Stewed Tomatoes Pineapple</p>	
	<p>20</p> <p>Pork Tenderloin Sweet Potatoes Mixed Vegetables WG Bun Apple</p>	<p>21</p> <p>Beef Taco Lettuce /Tomato/Cheese Refried Bean Corn WG Tortilla Pears</p>	<p>22</p> <p>Fish patty Peas Carrots WG Bun Tropical Fruit</p>	<p>23</p> <p>Chicken Nuggets Mac-n-Cheese Broccoli Hot Cin Apples</p>	<p>24</p> <p>CLOSED CHRISTMAS EVE</p>	
	<p>27</p> <p>CLOSED CHRISTMAS</p>	<p>28</p> <p>Chicken Patty Corn Lima Beans WG Bun Orange</p>	<p>29</p> <p>Pork Riblet Broccoli Carrots WG Bun Peaches</p>	<p>30</p> <p>Breaded Beef Tenderloin W/ Spiced Apples Green Beans Mixed Vegetables WG Roll</p>	<p>31</p> <p>CLOSED IN OBSERVANCE OF NEW YEARS DAY</p>	