

# DECEMBER 2022

(Meals are subject to change)

	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	
<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>				1 Egg Omelet French Toast Stewed Tomatoes Broccoli Applesauce	2 Fish Patty Peas Mixed vegetables WG Bun Banana	<p><b>Tremont</b></p> <p><b>Hopedale</b></p> <p><b>Pekin</b></p> <p><b>Washington Heartland Apt.</b></p> <p><b>*** Cold Meal will Be delivered 12/22</b></p> <p><b>Mixed Lettuce Diced Ham Cheese/Tomato Onion/Craisin WG Roll Peaches</b></p>
	5 Hamburger Patty Green beans Beets WG Bun Apple	6 Lemon chicken Cauliflower Mixed Vegetables WG Roll Peaches	7 Hot Dog Baked beans Corn WG Bun Pineapple	8 Chicken Nuggets Broccoli Carrots Mandarin Oranges	9 Pulled Pork Sweet potatoes Peas WG Bun Banana	
	12 Sloppy jo Carrots Broccoli WG Bun Orange	13 Chicken Parmesan Corn Mixed Vegetables WG Roll Mandarin Oranges	14 Pork Riblet Sweet potatoes Green Beans WG Bun Peaches	15 Sausage Patty English Muffin Stewed Tomatoes Peas Applesauce	16 Chicken Tenders Beets Brussel Sprouts Banana	
	19 Meatball Marinara Mixed Vegetables Beets WG Bun Apple	20 Chicken Taco Lettuce/Tomato/Cheese Black Beans Corn Peaches	21 Ham & Beans Corn Bread Green beans Pineapple	22 Chicken Breast Mashed Potatoes/Gravy Carrots Hot Cin. apples	23  CLOSED CHRISTMAS EVE	
	26  CLOSED CHRISTMAS DAY	27 Chicken Patty Green Beans Mixed Vegetables WG Bun Orange	28 Polish Sausage Saur Kraut Carrots WG Bun Pineapple	29 B.B.Q.. Chicken Cauliflower Beets WG Roll Peaches	30 Shrimp & Grits Peas WG Roll Hot Cin. Apples	