

DECEMBER 2024

(Meals are subject to change)

	Mon	Tue	Wed	Thu	Fri	
Milk is included in all meals Meal Components <ul style="list-style-type: none"> • 3 oz. serving meat /protein • 1 1/2 cups vegetable and/or fruit • 2 servings grain • 8oz low fat milk Guests/Private Pay \$8.00 Recommended Donation for Home Delivery & Congregate Programs \$5.00	2 Hamburger Patty Green Beans Carrots WG Bun Orange	3 Lemon Chicken Broccoli Beets WG Roll Peaches	4 Hot Dog Baked beans Corn WG Bun Mandarin Oranges	5 Cheese Omelet French Toast Stewed Tomatoes Peas Applesauce	6 Fish Patty Cauliflower Mixed Vegetables WG Bun Banana	Tremont Hopedale Leisure Acres South Side Manor Heartland Apts. Sterling Towers Pearce communi-ty Center Neighborhood House *****COLD MEAL DELIVERED 12/23 Fresh Spinach Diced Chicken Shredded Cheese Diced Tomatoes Onion/ Craisins WG Roll Pears
	9 Chicken Parmesan Brussel Sprouts Cauliflower WG Roll Apple	10 Pork Riblet Sweet Potatoes Lima Beans WG Bun Pears	11 B.B.Q. Meatballs Green Beans Beets WG Bun Peaches	12 Chicken Nuggets Broccoli Corn Pineapple	13 Sloppy Joe Carrots Peas WG Bun Banana	
	16 Pulled Pork Cauliflower Mixed Vegetables WG Bun Orange	17 Chicken Taco Lettuce/Tomato/Cheese Black Beans Corn WG Tortilla Tropical Fruit	18 Meatball Marinara Carrots Broccoli WG Bun Peaches	19 Sausage Patty WG English Muffin Stewed Tomatoes Peas Applesauce	20 Chicken Tenders Green Beans Beets Banana	
	23 Beef Tenderloin Mashed Potatoes/Gravy Green Bean WG Roll Hot Cin. Apples	24 CLOSED C HRISTMAS EVE	25 CLOSED CHRISTMAS DAY	26 Pork Tenderloin Sweet potatoes Mixed Vegetables WG Bun apple	27 B.B.Q. Chicken Broccoli Corn WG Roll Banana	
	30 Chicken Patty Carrots Corn WG Bun Orange	31 Beef & Gravy WG Noodles Green Beans WG Roll Hot Cin. Apples				