

December 2020 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk: 100 Calories 125mg Sodium, 12gm Carb Margarine: 36 Calories 47mg Sodium, 0gm Carb Daily totals include entrée, bread, dessert, milk, margarine and soup.	1 Pot Roast (241) Garlic Mashed Potatoes (62) Green Beans (3) Whole Wheat Roll (160) Apple (2)	2 Macaroni & Cheese (403) Tomato Florentine (121) Fruit Loaf (160) Mandarin Oranges (6)	3 Cali Chicken Salad (337) Potato Salad (62) Coleslaw (81) Sub Roll (162) Mixed Fruit (10)	4 Hot Dog (550*) Mustard (55) Baked Beans (36) Broccoli (12) Hot Dog Roll (210) Banana (1)
Menu subject to change without notice.	Calories: 781 Fat: 33% Sodium: 641mg Carb: 98g	Calories: 806 Fat: 37% Sodium: 862mg Carb: 98g	Calories: 557 Fat: 25% Sodium: 824mg Carb: 79g	Calories: 785 Fat: 37% Sodium: 1037mg Carb: 94g
7 Potato Pollock (150) Tarter Sauce (261) Roasted Potatoes (33) Garlic Green Beans (3) Oatmeal Bread (121) Pineapple (1)	8 Chicken (480) Mashed Potatoes (62) Italian Blend Vegetables (26) Multigrain Bread (190) Peaches (5)	9 Fluffy Rice (36) California Blend Vegetables (27) Hamburger Roll (230) Apple (1)	10 Rosemary Gravy (124) Red Bliss Potatoes (4) Brussel Sprouts (12) Oatmeal Roll (121) Pineapple (1)	11 Egg Noodles (35) Malibu Blend Vegetables (59) Whole Wheat Roll (160) Brownie (132) MOD: Graham Wafer
Calories: 710 Fat: 34% Sodium: 740mg Carb: 88g	Calories: 663 Fat: 21% Sodium: 936mg Carb: 90g	Calories: 614 Fat: 28% Sodium: 688mg Carb: 79g	Calories: 505 Fat: 23% Sodium: 505mg Carb: 73g	Calories: 836 Fat: 39% Sodium: 899mg Carb: 93g
14 Turkey a La King (215) Mashed Potatoes (62) Mixed Vegetables (41) Honey Wheat Bread (135) Strawberry Cup (4)	15 BBQ Pork Patty (410) Baked Beans (36) Cabbage and Carrots (47) Hamburger Roll (230) Apple Sauce (20)	16 Beef & Broccoli (108) Asian Rice (92) Oatmeal Roll (121) Mixed Fruit (10)	17 Grilled Chicken Parmesan (410) Penne Pasta (1) Tomato Sauce (55) Carrots and peas (80) Multigrain Bread (190) Mandarin Oranges (6)	18 Roast Turkey (360) Gravy (70) Cranberry Sauce (16) Mashed Potatoes (62) Winter Squash (13) Oatmeal Bread (121) Pumpkin Pie (190) MOD: SF Pumpkin Pudding
Calories: 768 Fat: 19% Sodium: 628mg Carb: 113g	Calories: 631 Fat: 22% Sodium: 915mg Carb: 80g	Calories: 680 Fat: 36% Sodium: 503mg Carb: 68g	Calories: 639 Fat: 17% Sodium: 914mg Carb: 88g	Calories: 858 Fat: 24% Sodium: 1004mg Carb: 137g
21 Catch of the Day (180) Lemon Dill Sauce (111) Whipped Sweet Potato (33) Spring/Summer Blend Vegetables (57) Rye Bread (300) Peaches (5)	22 American Chop Suey (211) Green and Wax Beans (3) Multigrain Roll (190) Mandarin Oranges (6)	23 Honey Ginger Chicken (393) Vegetable LoMein (28) Oriental Blend Vegetables (26) Whole Wheat Bread (160) Banana (1)	24 Spanish Omelet (382) Hash Browns (136) Mixed Vegetables (41) Fruit Loaf (160) Pineapple (1)	 Happy Holidays
Calories: 584 Fat: 17% Sodium: 858mg Carb: 91g	Calories: 587 Fat: 25% Sodium: 583mg Carb: 77g	Calories: 766 Fat: 18% Sodium: 781mg Carb: 114g	Calories: 753 Fat: 33% Sodium: 892mg Carb: 101g	
28 Vegetarian Chili (215) Mashed Potatoes (62) Dinner Roll (160) Strawberry Cup (4)	29 Sausage, Peppers and Onions (520*) Pasta Alfredo (116) Sub Roll (162) Peaches (5)	30 Crustless Chicken Pot Pie (273) Mashed Potatoes (62) Biscuit (340) Apple Sauce (20)	31 Meat Loaf (131) Onion Gravy (110) Roasted Potatoes (33) Scandinavian Vegetables (42) Oatmeal Bread (121) Birthday Cake (209) MOD: LS Cake	
Calories: 741 Fat: 15% Sodium: 613mg Carb: 133g	Calories: 642 Fat: 28% Sodium: 976mg Carb: 82g	Calories: 707 Fat: 32% Sodium: 868mg Carb: 85g	Calories: 774 Fat: 31% Sodium: 817mg Carb: 101g	* Indicates item has >500mg Sodium. The sodium (mg) content of each item is in parentheses next to the item. The daily totals are listed below each day. Milk and margarine are included in the daily totals but are not listed daily. High sodium days (>1200mg) are bold.

Without your suggested voluntary donation of \$2.25 per meal many people would go hungry. Please give. Checks are preferred. For cancellations of home delivered meals, call the Nutrition Office at 1-508-324-4619 no later than 10:30 a.m. on the day before delivery.

* Menu items may be obtained from different sources month to month, affecting their sodium content.