

# DECEMBER 2007

\*\*meals high in sodium, \*modification for low sugar diets available

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> <b>Breaded Pork Patty</b> Brown Rice w/ Lentils Peas Rye Bread Orange	<b>4</b> <b>Lasagna</b> Spinach Corn Italian Bread Pears	<b>5</b> <b>Baked Chicken</b> Roasted Red Potatoes Green Beans Sour Dough Bread Pudding w/ Topping*	<b>6</b> Pea Soup <b>Baked Ham</b> Mixed Vegetables Multi-Grain Bread Pineapple	<b>7</b> <b>Meat Loaf w/</b> Mushroom Gravy Mashed Potatoes Glazed Carrots 100% Whole Wheat Bread Cookie*
<b>10</b> <b>Barbecued Beef Patty</b> Potato au gratin Beets Oatmeal Bread Peaches	<b>11</b> Potato Leek Soup <b>Chicken Salad</b> Mixed Vegetables Hamburger Roll Apple Crisp*	<b>12</b> <b>Roast Turkey w/ Gravy</b> Mashed Potatoes Brussel Sprouts Rye Bread Mixed Fruit	<b>13</b> <b>Goulash</b> Butternut Squash Broccoli w/ cheese sauce 100% Whole Wheat Bread Pudding w/ Topping*	<b>14</b> <b>Baked Fish</b> Roasted Potatoes Green Beans Potato Bread Banana
<b>17</b> <b>Stuffed Pepper Casserole</b> Roasted Potatoes Carrots & Parsnips Multi Grain Bread Mixed Fruit	<b>18</b> Clam Chowder <b>Salmon Boat</b> Broccoli 100% Whole Wheat Bread Pears	<b>19</b> <b>Macaroni &amp; Cheese</b> Stewed Tomatoes Peas Rye Bread Peaches	<b>20 Christmas Dinner</b> <b>Roast Pork w/Gravy</b> Roasted Potatoes w/Sour Cream Holiday Blended Vegetables Snowflake Roll Trifle*	<b>21</b> Liver & Onions Mashed Potatoes Buttered Corn Biscuit Peaches w/ Topping
<b>24</b> <b>Meatballs</b> Ziti Italian Beans Italian Bread Pineapple	<b>25</b> <p style="text-align: center;"><b>CHRISTMAS</b></p>	<b>26</b> Cream of Broccoli Soup <b>Veal Parmesan w/ Tomato Sauce</b> Peas w/Onions Multi-Grain Bread Orange	<b>27</b> <b>Chicken Cacciatore w/ Mushrooms</b> Mashed Potatoes Winter Blend Vegetables 100 % Whole Wheat Bread Applesauce	<b>28</b> <b>Hot Dog</b> Sauerkraut Vegetarian Beans Hot Dog Roll Pudding w/ Topping*
<b>31</b> <b>Pepper Steak</b> Spanish Rice Green Beans Rye Bread Pineapple	<b>Nutrition message: Some super foods to include in your diet:beans for fiber, blueberries for antioxdidants, cranberries and juice for urinary tract health, oats for fiber, wild salmon for high omega-3 fatty acids, spinach for folic acid, yogurt for protein and calcium, broccoli for Vitamins A and C, and green tea to decrease risk of certain cancers.</b>			

If you will not be home when your meal is delivered  
 PLEASE TELL YOUR DRIVER OR CALL 1-800-981-5201

SUGGESTED VOLUNTARY DONATION  
 \$2.00 PER MEAL to help defray costs