

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <i>Chick Pea Salad</i> <i>Hard Boiled Eggs</i> <i>Garden Salad</i> <i>Home made Salad Dressing</i> <i>Home Made Bread</i>	3 <i>Bean & Cheese Burrito</i> <i>Steamed Rice</i> <i>Vegetable of the Day</i> <i>Home Made Bread</i>	4 <i>Plant Protein Stew</i> <i>Steamed Rice</i> <i>Vegetable of the day</i> <i>Home made bread</i>	5 <i>Home Style Veggie</i> <i>Shepherds Pie</i> <i>Vegetable of the Day</i> <i>Home Made Bread</i>	6 <i>Pasta W/ Tomato Sauce</i> <i>Beyond Sausage Link</i> <i>Vegetable of the Day</i> <i>Home Made Bread</i>
9 <i>Baked Veggie Burger</i> <i>Roasted Potato</i> <i>Vegetable of the day</i> <i>Home Made Bread</i>	10 <i>Beyond Burger "meat" loaf</i> <i>Mashed Potato</i> <i>Vegetable of the day</i> <i>Home Made Bread.</i>	11 <i>Broccoli Alfredo</i> <i>Pasta</i> <i>Vegetable of the day</i> <i>Home Made Bread</i>	12 <i>Vegan California Meatballs with Sauce and Pasta</i> <i>Vegetable of the day</i> <i>Home Made Bread</i>	13 <i>Chick Pea Salad</i> <i>Hard Boiled Eggs</i> <i>Garden Salad</i> <i>Home made Salad Dressing</i> <i>Home Made Bread</i>
16 <i>Beyond Beef Taco</i> <i>Steamed Rice</i> <i>Vegetable of the Day</i> <i>Salso</i> <i>Soft Taco</i>	17 <i>Vegetarian Egg Bake</i> <i>Vegetable of the Day</i> <i>Home Made Bread</i>	18 <i>Mushroom cacciatore</i> <i>Noodles</i> <i>Vegetable of the Day</i> <i>Home made bread</i>	19 <i>Plant Protein Veggie Stew</i> <i>Steamed Rice</i> <i>Vegetable of the day</i> <i>Home made bread</i>	20 <i>American Mac and Cheese</i> <i>Vegetable of the Day</i> <i>Home Made Bread</i>
23 <i>Bean and Veggie Chili</i> <i>Steamed Rice</i> <i>Vegetable of the Day</i> <i>Home Made Corn-bread</i>	24 <i>Baked Veggie Burger</i> <i>Roasted Potato</i> <i>Vegetable of the day</i> <i>Home Made Bread</i>	25 <i>Christmas No Meal</i> <i>Merry Christmas</i> 	26 <i>Vegetarian Egg Bake</i> <i>Vegetable of the Day</i> <i>Home made bread</i>	27 <i>Veggie Cutlet Parm</i> <i>Pasta with Pesto Sauce</i> <i>Vegetable of the day</i> <i>Home Made Bread</i>
30 <i>Chick Pea Salad</i> <i>Hard Boiled Eggs</i> <i>Garden Salad</i> <i>Home made Salad Dressing</i> <i>Home Made Bread</i>	31 <i>Bean & Cheese Burrito</i> <i>Steamed Rice</i> <i>Vegetable of the Day</i> <i>Home Made Bread</i>	DECEMBER 2024 MENU		

Seniors 60 years of age or older - Suggested donation \$3.00. All contributions are returned to the community toward the cost of nutrition programs and services. 700-800 calories/meal 1000-1500mg sodium/meal Fat Content NOT TO EXCEED 30-35% All meals include soy milk - Calories and sodium from dressing not included. Nutrition information provided is not exact but will help guide.

