

Defiance County Senior Services

# December Menu 2018

Monday	Tuesday	Wednesday	Thursday	Friday
3 Beef and Noodles Sweet Peas Sliced Carrots Diced Peaches Whole Wheat Bread	4 Dinner Ham Alt = Chicken Red Skin Potatoes Lima Beans Mandarin Oranges Wheat Dinner Roll	5 Cheeseburger Baked Beans Steak Fries Mixed Fruit Pudding ncs = SF Pudding Salad Bar in Café	6 Pork Chop with Gravy Scalloped Potatoes Brussels Sprouts Applesauce Wheat Dinner Roll	7 BBQ Chicken Winter Blend Vegetables Mashed Potatoes Pineapple Wheat Dinner Roll Birthday Cake ncs= angel food cake
10 Country Fried Steak AuGratin Potatoes Broccoli Normandy Apricots Wheat Dinner Roll	11 Spaghetti & Meatballs Green Beans Peach Crisp Grape Juice Garlic Bread Brownies ncs= SF Cookie	12 Chicken Noodle Soup 3 Bean Salad Pea Salad Banana Crackers Wheat Bread Salad Bar in Café	<b>Christmas Luncheon</b> Pork Roast Mashed Potatoes Green Bean Casserole Cole Slaw Baked Cinnamon Apple Wheat Dinner Roll Cherry Cheesecake	14 Baked Fish Alt = Grilled Chicken Tater Rounds Broccoli Ambrosia Salad Wheat Dinner Roll
17 Salisbury Steak Mashed Potatoes Stewed Tomatoes Peaches Wheat Dinner Roll	18 Chicken & Dumplings Steamed Cabbage Broccoli Salad Cherry Crisp Wheat Dinner Roll	19 Chili & Cheese Tossed Salad Celery Sticks with Peanut Butter Orange Crackers Salad Bar In Café	20 Beef Pot Roast Diced Potatoes Baby Carrots Mint Pears Apple Pie ncs = SF Pie Wheat Dinner Roll	21 Turkey Manhattan Peas & Onions Raisins Fruit Cocktail Wheat Dinner Roll Rice Krispie Treat
<p><i>Defiance County Senior Services will be closed for Christmas</i></p> 		26 BBQ Pork Sandwich Sweet Potatoes Fries Succotash Grape Juice Granola Bar Salad Bar in Café	27 Potato Soup Chicken Salad on a Croissant Applesauce Orange Juice Crackers Cookie ncs = SF Cookie	28 Meatloaf Hash Brown Bake Asparagus Pineapple Tidbits Wheat Bread
		31 Sloppy Joe Sandwich Ranch Diced Potatoes Peas and Carrots Apricots Cookie ncs = SF Cookie	Our breads and rolls are whole wheat unless specified.  NCS= No concentrated sweets sf = sugar free	For questions regarding your meals, please contact Nutrition Manager, Ginny at 419-782-3321