


## December 2018 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Breaded Chicken Filet Mashed Potatoes w/ Gravy Corn Cinnamon Apple Slices Choice of Bread / Marg. Choice of Milk	4 Maple Bacon Glazed Ham Scalloped Potatoes Lima Beans Pineapple Tidbits Hawaiian Dinner Roll / Marg. Choice of Milk	5 Cheese Ravioli w/ Meat Sauce Wax Beans Spiced Pears Apple Juice Choice of Bread / Marg. Choice of Milk	6 Salisbury Steak in Gravy Diced Potatoes Peas Cranberry Juice Choice of Bread / Marg. Choice of Milk	7 Bean Faggioli Soup w/ Crackers German Potato Salad Tropical Orange Jell-O Salad Fresh Fruit Choice of Milk
10 Italian Sausage w/ Peppers & Onions Diced Potatoes Cauliflower-Broccoli Cheese Bake Orange Juice Choice of Bread / Marg. Choice of Milk	11 Cubed Steak in Au Jus Mashed Potatoes w/ Gravy Mixed Vegetables Applesauce Choice of Bread / Marg. Choice of Milk	12 Sloppy Joe w/ Bun Seasoned Waffle Fries Spiced Peaches Fresh Orange Choice of Milk	13 Chicken Tortellini Soup w/ Crackers Tossed Salad / Dressing Fresh Apple Grape Juice Vanilla Pudding Choice of Milk	14 Lemon Pepper Pollock over Rice Pilaf Buttered Potatoes Blueberry Cobbler Cole Slaw Choice of Bread / Marg. Choice of Milk
17 Meat Lasagna Key Largo Vegetables Pears Diced Strawberry Cup Choice of Bread / Marg. Choice of Milk	18 Teriyaki Chicken Breast Parsley Red Potatoes Spinach Fresh Fruit Choice of Bread / Marg. Choice of Milk	19 Cabbage Rolls in Sauce Parmesan Mashed Potatoes Corn 100% Fruit Juice Cake w/ Icing Dinner Roll / Marg. Choice of Milk	20 Pork Cutlet in Mushroom Gravy Au Gratin Potatoes Butter Beans Fruit Cocktail Choice of Bread / Marg. Choice of Milk	21 Beef Roast Whole White Potatoes in Broth Carrots Raisins Dinner Roll / Marg. Choice of Milk
24 <b>CLOSED</b>  <b>FROZEN MEALS</b> <b>AVAILABLE UPON</b> <b>REQUEST</b>	25 <b>CLOSED</b>  <b>FROZEN MEALS</b> <b>AVAILABLE UPON</b> <b>REQUEST</b>	26 BBQ Pulled Beef Baked Potato w/ Shredded Cheese, Sour Cream & Marg. Mixed Vegetables Grape Juice Choice of Bread / Marg. Choice of Milk	27 Johnny Marzetti w/ Cheese Tossed Salad / Dressing Sweet Italian Green Beans Cinnamon Applesauce Garlic Breadstick / Marg. Choice of Milk	28 Chicken Salad w/ Croissant Tomato Soup w/ Crackers Whole Beets Fresh Orange Choice of Milk
31 Roasted Pork Loin Mashed Potatoes w/ Gravy Baked Sauerkraut Tropical Fruit Salad Cookies Choice of Bread / Marg. Choice of Milk		<p>We invite you to join us for lunch at the Guernsey County Senior Center, the Byesville, Cambridge Heights, Cumberland, Londonderry or Pleasant City sites. Lunch is served at 11:30—1:00. If you have any questions about our nutrition services please call Hollia Husk, Nutrition Supervisor at 740-439-5717 or toll free at 1-866-534-2349. Each meal includes a choice of white, wheat, or specified bread and a choice of 2% or Skim Milk.</p>		