

December 2018 Senior Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Enchilada Casserole Refried Beans Fruited Jello	4 Chicken Bowtie Pesto Pasta Hi C Salad Sourdough Bread Raisins	5 Ham & Cheese Sandwich Minestrone Soup Tropical Fruit	6 Salisbury Steak Baked Potato Wheat Roll Honeydew	7 Beef & Vegetable Stew over Egg Noodles Tossed Salad W/Broccoli Applesauce
10 Pork Chili Verde Refried Beans Tortilla Tropical Fruit	11 Macaroni & Cheese Calif. Mixed Veggies Pineapple Bits Chocolate Pudding	12 Cheeseburger Pork & Beans Sliced Apples	13 Beef Stroganoff Peas & Carrots Sourdough Bread Cantaloupe	14 Chicken Thigh in Mushroom Sauce Vegetable Medley Wheat Bread Diced Peaches
17 Breaded Chicken Drumstick Sliced Carrots Wheat Bread Tropical Fruit	18 Breaded Fish Coleslaw Wheat Roll Sliced Apples	19 Rib B Q Mashed Potatoes Wheat Bread Pineapple Bits	20 Fettuccini Chicken Alfredo Hi C Salad Sourdough Bread Diced Pears	21 Turkey Pot Roast Cornbread Stuffing Sweet Potato Mixed Fruit Oatmeal Cookies
24 BBQ Chicken Thigh Vegetable Medley Wheat Bread Applesauce	25 <i>Merry Christmas</i> 	26 Corn Chowder Soup Tuna Sandwich Cantaloupe	27 Beef Tostada (lettuce & cheese) Refried Beans Sliced Apples	28 Cheeseburger Potato Salad Tropical Fruit
31 Meatloaf W/Gravy Mashed Potatoes Wheat Roll Mixed Fruit	<p>Funding through: Fresno-Madera Area Agency on Aging All meals include Low Fat Milk Senior Suggested Donation: \$2.50 Non-Senior Rate: \$5.10</p> <p>**High Sodium Meal Menu Subject To Change Without Notice</p>  			