



December 2023

2023 Q3-Q4 Hot Menu with Salad/Sandwich Thursday				
				Friday-1
MENU PREPARED BY: Metz Culinary MENU DATE: SERVICE DATES: December 2023				Chicken Stir Fry
				Asian Vegetables Pineapple Brown Rice Pilaf WG Bread (1) Butter
Monday-4	Tuesday-5	Wednesday-6	Thursday-7	Friday-8
Chicken with Country Pepper Gravy	Scrambled Eggs & Sausage	Tortellini w/Tomato Sauce	Turkey & Mixed Grain Salad	Breaded Fish w/Cream Sauce
Mashed Potatoes Mixed Vegetables WG Bread (2) Butter	Diced Potatoes Peppers & Onions Apple Juice (4 oz) WG Bread (2) Butter	Broccoli Applesauce WG Bread (1) Butter	Asian Veg Salad Tropical Fruit	Green Beans Corn Apple Juice (4 oz) Ancient Grains Pilaf
Monday-11	Tuesday-12	Wednesday-13	Thursday-14	Friday-15
Chili with Rice	Chicken Parmesan	Meatloaf w/Marinara	Ham and Cheddar Sandwich	Honey Mustard Chicken
Peas Cauliflower WG Bread (1) Butter	Broccoli Applesauce WG Rotini WG Bread (1) Butter	Mashed Potatoes Green Beans WG Bread (2) Butter	Three Bean Salad Coleslaw Yogurt (4 oz) WG Bread (2) Mustard/Mayo	Broccoli Carrots Ancient Grains Pilaf
Monday-18	Tuesday-19	Wednesday-20	Thursday-21	Friday-22
Meatballs w/Marinara	Harvest Turkey	Ravioli w/Marinara	HOLIDAY MEAL- Balsamic Roast Beef	BBQ Pork Riblet
Broccoli Corn Whole Grain Penne WG Bread (1) Butter	Mashed Potatoes Carrots Apple Slices WG Bread (2) Butter	Peas Cauliflower WG Bread (1) Butter	Carrots Parslied Potatoes Spiced Apples WG Bread (2) Butter	Green Beans Mashed Potatoes Apple Juice (4 oz) WG Bread (2) Butter
Monday-25	Tuesday-26	Wednesday-27	Thursday-28	Friday-29
Closed Christmas	Thai Ginger Curry Chicken	Salisbury Steak w/Mushroom Gravy	Tuna Salad Sandwich	Chicken Stir Fry
	Fajita Vegetables Tropical Fruit Ancient Grains Pilaf	Mashed Potatoes Carrots WG Bread (2) Butter	Broccoli salad Applesauce Yogurt (4 oz) WG Bread (2)	Asian Vegetables Pineapple Brown Rice Pilaf WG Bread (1) Butter