

Alicia Broadous-Duncan Dining Center

December 2024 - Congregate Menu

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|--|
| 2. Fish Creole Whole Grain Tortilla Red Beans *Creamy Coleslaw Pear OR Plum Low fat Milk | 3. Chicken Dijon Whole Gran Roll Herb Zucchini & Green Beans Chopped Salad w/Kale, Lettuce, Cucumber, & Carrots w/Vinaigrette Dressing Fresh Fruit Season/Low fat Milk | 4. *Orange Juice Stuffed Bell Pepper (Ground Turkey) Dinner Roll Mixed Vegetables Romaine Salad w/Tomatoes & 1000 Island Dressing Apple/Red Gelatin Cubes w/ Low fat Milk Yogurt | 5. Tuscan Bean Stew Whole Grain Roll Roasted Cauliflower Spinach Salad w/Ranch Dressing *Orange Low fat Milk | 6. Korean BBQ (Beef) Herbed Brown Rice Sauté Zucchini w/Sesame Seeds Broccoli Salad w/Sliced Radish Pineapple Low fat Milk |
| 9. Savory Beef Stew Whole Grain Roll OR Bread Mashed Potatoes Roasted Brussels Sprouts *Orange Low fat Milk | 10. Turkey Vegetable Stir Fry w/Lo Mein Noodles Mixed Asian Blend Vegetables **Cabbage, Cucumber, & Radish Salad w/Sesame Dressing Poached Ginger Pear Low fat Milk | 11. Caribbean Chicken Brown Rice Pilaf Corn Carrot, Bell Pepper, & Celery Salad Fresh Fruit in Season Low fat Milk | 12. *Orange Juice Pasta Bolognese (Turkey) w/Penne Herbed Zucchini & Yellow Squash Caesar Salad w/Croutons & Caesar Dressing Fruit Cup (Apple & Melon) Low fat Milk | 13. Fish & Chips WG Roll OR Bread Roasted Sweet Potato Wedges *Coleslaw Fresh Peach OR Plum Tapioca Pudding Low fat Milk |
| 16. Southwest Shredded Chicken W/G Tortilla/Pinto Beans *Shredded Cabbage Mixed Salad Greens & Radish w/Cilantro Dressing Fresh or U/S Peaches OR Melon Low fat Milk | 17. Shepherd's Pie (Ground Beef) w/Mashed Potatoes Whole Grain Roll Carrots Mixed Salad Greens w/French *Kiwi Drsg Low fat Milk | 18. Baked Fish Almandine Barley w/Herbs Green Beans w/Herbs Spinach Salad w/Kale, Bell Pepper & Cucumber w/1000 Yogurt Parfait w/Berries Drsg Low fat Milk | 19. Cashew Chicken Brown Rice Green Peas Beet & Mandarin Orange Salad Fresh Fruit in Season Low fat Milk | 20. Garden Vegetable Lasagna w/ Zucchini & Mushrooms Broccoli Caesar Salad w/Caesar Dressing *Cantaloupe OR Orange Low fat Milk |
| 23. *Orange Juice Roast Turkey w/Gravy & Cranberry Sauce Whole Grain Roll Whipped Sweet Potato Green Beans w/Almonds OR Ambrosia Salad Asparagus Apple Pie OPTIONAL Low fat Milk | 24. CENTER WILL BE OPENED ½ DAY  | 25. CENTER CLOSED IN OBSERVANCE OF  | 26. Tamale Pie (Turkey) Black Beans Mesclun Salad Mix w/ Cilantro Dressing *Pineapple/Mango Fruit Cup Oatmeal Cookie OPTIONAL Low fat Milk | 27. Meatloaf w/Gravy (Ground Beef) Whole Grain Roll Garlic Mashed Potatoes Roasted Brussels Sprouts *Orange Low fat Milk |
| 30. *Orange Juice Chicken Marsala Whole Grain Roll Baked Potato w/Butter Winter Squash Mixed Salad Greens w/Blue Cheese Fresh Fruit in Season Drsg Decorated Cask OPTIONAL | 31. Happy New Year CENTER WILL BE OPENED ½ DAY  |  | | RIN MIYAMOTO DINING COORDINATOR SUGGESTED DONATION OF \$3.10 FOR THOSE 60 YEARS AND OVER |

Lunch served at 11:30 AM - please arrive early to secure your meal! MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.

*Vitamin C Source