


December 2021

Monday	Tuesday	Wednesday	Thursday	Friday
	TO CANCEL YOUR MEAL, PLEASE CALL 641-792-7102 MEALS WILL NOT BE LEFT IF YOU ARE NOT HOME.	1 Ham Loaf Mashed Potatoes Broccoli Normandy Peaches Pineapple Cake	2 Chili Spinach Pineapple Crackers Jell-O	3 Tuna Casserole Green Beans Fresh Orange Cookie
6 Beef Stroganoff Corn Blueberries Pudding	7 Pork in Gravy Garden Blend Rice Peas Apricots Roll	8 Oven Fried Chicken Mashed Potatoes & Gravy Mixed Vegetables Banana Carrot Bar	9 Fish Sandwich Sweet Potato French Fries Brussels Sprouts Pears Dessert	10 Stew Asparagus Cuts Corn Bread Apple
13 Chicken Strips Potato Wedges Green Beans Mixed Fruit Blueberry Dessert	14 Egg Casserole Hash Brown Casserole Carrot Slices Strawberries Muffin	15 Tater Tot Casserole Broccoli Normandy Mixed Berries Banana Cake	16 Turkey Supreme Candied Sweet Potatoes Cranberry Salad Seasoned Green Beans Pumpkin Crunch	17 Lemon Fish Garden Pilaf Capri Vegetables Cinnamon Applesauce Roll
20 Chicken Patty On Bun French Fries Stewed Tomatoes 3 Bean Salad Tropical Fruit	21 Cook's Choice Tomato Soup Grilled Cheese Kidney Bean Salad Pear Half Dessert	22 Soft Shell Taco Fiesta Corn Mexican Rice Apricots Iced Oatmeal Cake	23 Scalloped Potatoes W/ Turkey Ham Broccoli Peaches Berry Crisp	24 Christmas 
27 CLOSED	28 Cook's Choice Vegetable Beef Soup Crackers Salad Pears Dessert	29 Mac & Cheese Broccoli Normandy Peas Strawberries Roll	30 Fish and Chips Mixed Vegetables Cole Slaw Mixed Berry Cup	31 CLOSED

**Milk offered with all meals. All meals meet 1/3 of the Recommended Dietary Allowances (RDA) for older adults.

Stephanie Labenz MS, RD, LD
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