



# DECEMBER 2022

To access ingredient content call Senior Resources at 419-898-6459.  
 REHEATING MEALS: If the tray is still sealed, puncture a hole in sections to vent. Heat for 1.5 to 2 minutes, depending on your appliances power level.

Mon	Tue	Wed	Thu	Fri
<p>Serving Sizes: Entrée, Meat &amp; Casserole – 3-4 oz./ 6-8 oz.            Vegetable, Fruit – ½ cup            Bread/Bread Alternate - 1 slice or ½ cup            Milk – 8 oz. served with every meal</p>			<p>1            Turkey w/ Stuffing &amp; Gravy            Sweet Potatoes            Southern Green Beans            Pineapple</p>	<p>2            Baked Chicken w/Gravy            Cinnamon Maple Squash            Buttered Peas            Pears            Dinner Roll</p>
<p>5            Pork Chop Supreme            Mashed Potatoes/Gravy            Green Beans            Cinnamon Applesauce            Dinner Roll</p>	<p>6            Baked Ham            Alt: Baked Chicken            Scalloped Potatoes            Brussels Spouts            Peaches            Dinner Roll</p>	<p>7            Chicken Salad Sandwich            Bean Soup            Marinated Cucumber            &amp; Tomato Salad            Pineapple &amp; Oranges            Crackers</p>	<p>8            Beef Tacos            Seasoned Black Beans            Salsa &amp; Tortilla Chips            Fruit Cocktail            Sour Cream</p>	<p>9            Chicken Fettuccine Alfredo            Italian Blend Veggies            BLT Salad            Fruited Gelatin            Garlic Toast</p>
<p>12            Chipped Beef over Biscuit            Alt: Yogurt Cup            Scrambled Eggs            Home Fries            Cinnamon Apples            Orange Juice</p>	<p>13            Oven Fried Chicken            Cheesy Mashed Potatoes            Key West Blend Veggies            Tropical Fruit            Dinner Roll</p>	<p>14            Roasted Pork w/Gravy            Scalloped Potatoes            Lima Beans            Pineapple Dream            Dinner Roll</p>	<p>15            Salisbury Steak            Mashed Potatoes w/Gravy            Carrots            Grapes            Dinner Roll</p>	<p>16            Cheesy Beef Pasta            Italian Blend Veggies            Buttered Peas            Fresh Fruit Cup            Garlic Toast</p>
<p>19            Pork Chops w/Dijon Apple Relish            Red Potatoes            Green Beans            Peaches            Dinner Roll</p>	<p>20            Cheeseburger            Lettuce/Tomato/Onion/Pickles            Sweet Potato Wedges            Banana</p>	<p>21            Stuffed Pepper            Mashed Potatoes w/Gravy            Creamed Corn            Fruit Cocktail            Dinner Roll</p>	<p>22            Shredded Chicken in Gravy            Over Mashed Potatoes            Broccoli            Orange Wedges            Dinner Roll</p>	<p>23            Pasta Goulash            Italian Blend            Three Bean Salad            Fruited Gelatin            Wheat Bread</p>
<p>26  </p> <p style="text-align: center;"><b>Closed            Christmas            Holiday</b></p>	<p>27            Beef Pepper Patty            With Peppers &amp; Gravy            Mashed Potatoes/Gravy            Buttered Corn            Berry Applesauce            Dinner Roll</p>	<p>28            Chili w/Cheese            Baked Potato/Sour Cream            Creamy Cucumber Salad            Peaches - Cornbread Muffin            Crackers  <i>Oak Harbor/Genoa Bday</i></p>	<p>29            Ham &amp; Potato Au Gratin            ALT: Baked Chicken            Brussel Sprouts            Banana            Dinner Roll  <i>Elmore/PC Bday Treat</i></p>	<p>30            Baked Spaghetti            Broccoli            Tossed Salad            Pineapple            Garlic Toast  <i>HDM/Danbury Bday Treat</i></p>