

DECEMBER 2022 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 Breakfast Oatmeal, Blueberry Pancakes, Sausage Lunch Sloppy Joe on a bun, Corn Dinner Chicken Biscuit Casserole	2 Breakfast Cream of Rice, Scrambled Egg, Danish Pastry Lunch Baked Haddock, Spinach, Sweet Potatoes, Roll Dinner Beef Stew, Beets, Dinner Roll	3 Breakfast Oatmeal, Pancake with Berry Sauce, Toast Lunch Hot Dog in a bun, Coleslaw, Baked beans Dinner Chicken Parmesan, Orzo, Italian Blend Vegetables	4 Breakfast Cream of Wheat, Waffles, Sausage Lunch Ham Steak, Cauliflower, Sweet Potatoes Dinner Chicken Tenders, Veg of The Day, Rice
5 Breakfast Oatmeal Ham and Cheese Quiche Lunch Swedish Meatballs, Egg Noodles, Broccoli Dinner Italian Sausage, Potatoes O'Brien, Carrots	6 Breakfast Banana, Cream of Rice, Blueberry Pancakes, Sausage Lunch Roast Pork w/Dijon Cream Sauce, Sweet Potatoes, Veggies Dinner Spaghetti w/Meatballs, Red Sauce, Spinach	7 Breakfast Maypo, Scrambled Eggs, Toast, Bacon Lunch Chicken Supreme, Mixed Vegetable, Baked Potato Dinner Stuffed Peppers, Wax Beans, Mashed Potatoes	8 Breakfast Cream of Wheat, Egg Soufflé, Coffee Cake Lunch Beef Tips, Green Beans, Baked Potato Dinner Rosemary Pork, Roasted Squash, Mashed Potato	9 Breakfast Oatmeal, French Toast, Sausage Lunch Baked Fish w/Lemon, Asparagus, Oven Browned Potatoes Dinner Meatloaf with Gravy, Scalloped Potatoes, Vegetable Medley	10 Breakfast Cream of Rice, Scrambled Eggs, Banana Muffin Lunch Tortellini Alfredo, Capri Vegetables, Italian Bread Dinner Creamy Mustard Chicken Thighs, Carrots, Roasted Potato Wedges	11 Breakfast Maypo, Waffle with Berry Sauce Lunch Chicken Chasseur, Butternut Squash, Garlic Mashed Potato Dinner Pepperoni Pizza & Zucchini
12 Breakfast Oatmeal, Western Scrambled Eggs, Toast Lunch Meatloaf w/Gravy, Mashed Potatoes, Baby Carrots Dinner Chicken Pot Pie Winter Blend Vegetables	13 Breakfast Cream of Wheat, Pancake, Bacon, Maple Syrup Lunch Corned Beef and Cabbage Dinner, Turnips, Carrots, Boiled Potatoes Dinner Macaroni & Cheese, Capri Vegetable	14 Breakfast Maypo, Egg & Cheese Croissant Lunch Chicken Cacciatore, Zucchini, Spaghetti, Garlic Bread Dinner Roast Pork, Beets, Rice	15 Breakfast Banana, Oatmeal, Scrambled Egg, Toast Lunch Riblet with Sauce, Baby Carrots, Baked Beans Dinner Lasagna & California Blend	16 Breakfast Cream of Rice, French Toast, Sausage Lunch Baked Fish w/Lemon, Baked Potato, Green Beans Dinner Hot Turkey Sandwich, Squash, Cranberry Sauce	17 Breakfast Maypo, Cheesy Egg Scramble, White Toast Lunch Pork Pie, Corn Dinner Fish Nuggets, Tater Tots, Coleslaw	18 Breakfast Cream of Wheat, Egg Soufflé, Cranberry Muffin Lunch Beef Stroganoff over Egg Noodles, Brussel Sprouts Dinner Chicken Piccata, Garlic Spinach & Orzo
19 Breakfast Oatmeal, Waffle, Bacon Lunch Shepherd's Pie, Mixed Vegetables, Corn Muffin Dinner Chicken Alfredo Tortellini, Broccoli	20 Breakfast Cream of Wheat, French Toast and Sausage Lunch Roast Pork, Braised Red Cabbage, Scalloped Potatoes Dinner Chicken Pot Pie, Roasted Butternut	21 Breakfast Oatmeal, Scrambled Eggs, Hash Brown Potatoes Lunch Stuffed Cabbage, Mixed Vegetables, Mashed Potato Dinner Macaroni & Cheese, Stewed	22 Breakfast Banana, Cream of Rice, French Toast, Bacon Lunch Roast Turkey Dinner, Butternut Squash, Mashed Potato, Stuffing, Cranberry Sauce Dinner Beef Stew & a Biscuit	23 Breakfast Western Haystack Eggs, Maypo, Wheat Toast Lunch Baked Haddock, Rice, Glazed Carrots Dinner Beef Tomato Cavatappi, Zucchini	24 Breakfast Cream of Wheat, Scrambled Eggs, Blueberry Coffee Cake Lunch Chicken Tenders, Green beans, Garlic Mashed Potatoes Dinner Shrimp Scampi, Penne Pasta, Mixed Vegetable	25 Breakfast Oatmeal, Pancake, Sausage Lunch Stuffed Shells, Garlic Toast & Italian Blend Dinner Meatloaf with Gravy, Broccoli, Red Skin Potatoes
26 Breakfast Oatmeal, French Toast & Sausage Lunch Honey Ginger Pork, Green Beans, Mashed Potatoes Dinner Seafood Oscar, Asparagus, Rice Pilaf	27 Breakfast Maypo, Hard Boiled Egg, Bran Muffin Lunch Mediterranean Chicken Piccata, Zucchini, Rice Pilaf Dinner Beef Stroganoff, Bow Tie Pasta, Beets	28 Breakfast Cream of Wheat, Cheesy Egg Scramble, Hash Brown Lunch Salisbury Steak, Italian Green Beans, Mashed Potato Dinner Chicken Cacciatore, Fettuccini, Zucchini	29 Breakfast Oatmeal, Blueberry Pancakes, Sausage Lunch Sloppy Joe on a bun, Corn Dinner Chicken Biscuit Casserole	30 Breakfast Cream of Rice, Scrambled Egg, Danish Pastry Lunch Baked Haddock, Spinach, Sweet Potatoes, Roll Dinner Beef Stew, Beets, Dinner Roll	31 Breakfast Oatmeal, Pancake with Berry Sauce, Toast Lunch Hot Dog in a bun, Coleslaw, Baked beans Dinner Chicken Parmesan, Orzo, Italian Blend Vegetables	