

DECEMBER 2016 LUNCHEON MENU

A PROGRAM OF INDEPENDENCE PARKS & RECREATION & MID-AMERICA REGIONAL COUNCIL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>SUGGESTED CONTRIBUTION IS \$3 PER MEAL. \$6.00 FOR GUEST. PLEASE CALL 325-6200 TO MAKE OR CANCEL YOUR RESERVATION</p> <p>LUNCH IS SERVED AT 11:30 AM PLEASE MAKE OR CANCEL YOUR RESERVATION BY NOON THE SERVING DAY BEFORE</p> <p>YOU MAY RESERVE A MEAL UP TO THREE SERVING DAYS IN ADVANCE</p> <p>MAKE CHECKS OUT TO "MARC" *****</p> <p><u>PALMER INCLEMENT WEATHER LINE</u> <u>CALL – 325-7999</u> <u>Ext. 4</u></p>				<p>1 Roast Pork w/gravy; mashed potatoes; Broccoli Normandy; diced peaches; wheat roll; milk</p>	<p>2 CHRISTMAS PARTY</p> 
	<p>5 Boneless chicken nuggets; peas & carrots; corn; tropical fruit; whole grain white bread; milk</p>	<p>6 Whole grain spaghetti w/ meat sauce; green beans; frozen strawberries; multi-grain bread; milk</p>	<p>7 Beef stew; tossed salad w/tomato wedge; diced pears; cornbread muffin; milk</p>	<p>8 Beef Stroganoff w/noodles; zucchini & tomatoes; creamy Coleslaw; fruit cocktail, wheat roll, milk</p>	<p>9 Open face turkey sandwich; mashed potatoes; peas & carrots; diced peaches; whole grain white bread; milk</p>
	<p>12 Ham & Navy beans; onion on the side; stewed tomatoes; Mandarin oranges, cornbread muffin, milk</p>	<p>13 Taco salad w/shredded cheese; refried beans; shredded lettuce; salsa tomatoes; pineapple tidbits; taco chips; milk</p>	<p>14 Baked chicken leg quarter; new potatoes; green beans; strawberries & pineapple mix; wheat roll; milk</p>	<p>15 Turkey chili w/beans; tossed salad w/tomato wedge; tropical fruit; wheat crackers; milk</p>	<p>16 Breaded fish patty; marinated tomatoes; broccoli/rice casserole; peach & strawberry ; wheat hamburger bun; milk</p>
	<p>19 Chili Mac Pasta w/whole grain pasta; corn; lima beans; Mandarin oranges; wheat bread stick; milk</p>	<p>20 BBQ Pulled Beef, O'Brien potatoes, tossed salad w/tomato wedge, tropical fruit, wheat hamburger bun, oatmeal raisin cookie, milk</p>	<p>21 BIRTHDAY CELEBRATION Fried chicken breast; mashed potatoes w/gravy; Winter mix vegetables; strawberry swirl ice cream; white cake (no icing); wheat roll; milk</p>	<p>22 Glazed ham; baked sweet potato; Winter mix vegetable; tropical fruit, wheat roll; apple pie, milk</p>	<p>23 CLOSED FOR CHRISTMAS HOLIDAY</p> 
	<p>26 CLOSED FOR CHRISTMAS HOLIDAY</p> 	<p>27 Meatloaf w/gravy; mashed potatoes; Capri mix vegetables; Mandarin oranges; whole wheat bread; milk</p>	<p>28 Orange glaze chicken breast, red potatoes, Antigua mix vegetables, pineapple tidbits, whole wheat bread, graham crackers, milk</p>	<p>29 Beef hamburger patty; lettuce & tomato slice; cheese slice; baked beans; tropical fruit; wheat hamburger bun; milk</p>	<p>30 Salisbury steak w/gravy; scalloped potatoes; Winter Mix vegetables; pineapple & strawberries mix; whole wheat bread; milk</p>

The purpose of the lunch we serve is to meet the dietary guidelines to provide 1/3 of the recommended daily allowance of nutritional needs for seniors. The menu is voted on by representatives (including ours) from all of the centers that have the same caterer we do and overseen by two dieticians.