

FLORENCE E SMITH HOME DELIVERED MEALS

**MENU December 2021 (Regular Hot)**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Baked Ziti with Meat Sauce Steamed Carrots Steamed Kale Fruit Cocktail Orange Juice	2 Lemon Chicken Red Bliss Potatoes Steamed Broccoli and Cauliflower Orange Pineapple Juice Sliced Canned Peaches	3 Baked Salmon Creole Sauce Egg Noodles Steamed Green Beans Applesauce Orange Juice	4 Lemon Chicken Red Bliss Potatoes Steamed Broccoli and Cauliflower Orange Pineapple Juice Sliced Canned Peaches
5 Boars Head Deluxe Low Sodium Roast Beef (2) Pasta Salad Red Cabbage Salad Apple Pineapple Juice	6 Chicken Cacciatore Egg Noodles Broccoli and Red Peppers Pineapple Juice Sliced Canned Peaches	7 BBQ Pork Chops Rice with Vegetables Vegetable Mix (non-starchy) Apple Juice Orange	8 Brown Gravy Roast Beef Kale with Tomato Red Bliss Potatoes Apple Orange Pineapple Juice	9 Chickpea Stew Brown Rice (1/2 cup) Roasted Broccoli Canned Pears Orange Juice	10 Baked Fish with Soy Sauce Chinese Style Spaghetti Steamed Red or Green Cabbage Apple Juice Orange	11 Chickpea Stew Brown Rice (1/2 cup) Roasted Broccoli Canned Pears Orange Juice Pear
12 Reduced Sodium Oven Roasted Turkey Cherry Tomatoes Spinach, with Carrots and Onion Salad Apple Pineapple Juice	13 Baked Macaroni and Cheese California Blend Vegetables (2) Pear Pineapple Juice	14 Pork Stir Fry with Vegetables Brown Rice (1/2 cup) Oriental Blend Kiwi Orange Juice	15 Deluxe Cheeseburger with Onions Lettuce and Tomato Roasted Potatoes Steamed Broccoli Orange Pineapple Juice	16 Meat Sauce with Chunky Peppers in Tomato Sauce Whole Wheat Spaghetti Sautéed Mustard Greens Apple Orange Pineapple Juice	17 Baked Flounder Dill Lemon Sauce Carrots Mashed Potatoes, 4 oz Orange Juice Pear	18 Meat Sauce with Chunky Peppers in Tomato Sauce Whole Wheat Spaghetti Sautéed Mustard Greens Apple Orange Pineapple Juice
19 Caesar Salad with Grilled Chicken Tricolor Pasta Salad Summer Corn and Pepper Salad Apple Juice Kiwi Milk, low fat, 1%	20 Baked Turkey Breast Brown Gravy Instant Mashed Potatoes Steamed Peas and Carrots Apple Juice Orange	21 Baked Ziti with Meat Sauce Italian Blend Vegetables (2) Orange Pineapple Juice Sliced Canned Peaches	22 Lentil Stew with Carrots and Turnips Brown Rice (1/2 cup) Steamed Cauliflower Apple Orange Juice	23 Lemon Pepper Cod Corn Stewed Okra and Tomatoes Fruit Cocktail Pineapple Juice	24 Chicken Marsala Carrots Garlic and Rosemary Roasted Potatoes Apple Orange Juice	25 Lemon Pepper Cod Corn Stewed Okra and Tomatoes Fruit Cocktail Pineapple Juice
26 Boars Head Deluxe Low Sodium Roast Beef (2) Bowtie Pasta Salad Cucumber Dill Salad Apple Juice Orange	27 <b>HOLIDAY</b>  <b>CENTER</b>  <b>CLOSED</b>	28 Black Bean and Sweet Potato Chili Brown Rice (1/2 cup) Tangy Green Beans Orange Juice Pear	29 Italian Style Pork Loin Light Basil Cream Sauce Baked Sweet Potato Steamed Spinach Apple Pineapple Juice	30 Turkey Meatloaf Cabbage with Shredded Carrots O'Brien Potatoes Apple Juice Orange	31 BBQ Chicken Leg Quarters Baked Beans Steamed Kale Fruit Cocktail Orange Juice	

**ALL MEALS ARE SERVED WITH WHOLE WHEAT BREAD AND 1% LOW FAT MILK UNLESS OTHERWISE SPECIFIED  
MENU IS SUBJECT TO CHANGE**