**December 2023 Adult Daycares**



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| Monday | Tuesday | Wednesday | Thursday | Friday |
| **A cartoon of a christmas tree  Description automatically generated** | **Cultural Meal Day** |  |  | 1Country Fried Steak 3oz w/GravySpinach ½ cupBaked Potato ½ cupw/Smart BalanceTropical Fruit ½ cupMilk |
| 4Beef w/Broccoli (3oz)&Noodles 1 cupDiced Carrots ½ cupDiced Pears ½ cupMilk 8oz | **5**Chicken Parmesan 3ozKey West Veggies ½ cupRoasted RedskinPotatoes ½ cupWheat Bread 1 sliceMango Cup ½ cupMilk 8oz | **6****Sloppy Joe 4oz****Roasted Sweet**  **Potatoes ½ cup****Brussels Sprouts w/**  **Onion ½ cup****Wheat Bun 1 each****Diced Pineapple ½ cup****Milk 8oz** | 7Grilled Chicken 3oz w/Salsa & Cheese 2ozBlack Beans ½ cupDiced Carrots ½ cupCorn Muffin 2 eachMandarin Oranges ½ cup**Milk 8oz** | 8**Almond Crusted** **Fish 4oz****California Veggie** **Blend ½ cup****Scalloped Potatoes** **½ cup****Diced Peaches ½ cup****Wheat Bread 1 slice**Milk 8oz |
| 11**Oven Fried Chicken 3oz****Collard Greens ½ cup****Whipped Sweet** **Potatoes ½ cup****Wheat bread 1 slice****Orange Juice 4 oz****Milk**  | 12Country Ham & Beans 1 cup(2oz)Diced Carrots ½ cupDiced Beets ½ cupCorn Bread 2 eachMixed Fruit ½ cupMilk 8oz | 13Shrimp & Chicken Gumbo 1 cup(2oz)Brown Rice ½ cupCreamed Spinach ½ cupTropical Fruit Cup 4 ozWheat bread 1 sliceMilk 8oz | 14**Vegetarian Chili 1 cup****California Veggie ½ cup****Blend****Roasted Sweet**  **Potatoes ½ cup****Cornbread 2 each****Tropical Fruit 4oz**Milk 8oz | 15**Italian Bowtie Pasta**  **w/ Beef 1 cup (2oz)****Broccoli w/ Red** **Peppers ½ cup****Green Beans ½ cup****Applesauce ½ cup****Wheat roll 1 each****Milk 8oz**  |
| 18 Holiday Meal!**Pot Roast 3ozw/Gravy****Mashed Potatoes ½ cup****Brussel Sprouts w/****Onion ½ cup*****Cheesecake 1 slice******Wheat Bread 2 slice*****Diced Pineapple ½ cup**Milk | 19Beef OverEgg Noodles 1 cup (2oz)Mixed Greens ½ cupDiced Carrots ½ cupWheat Roll 1 eachApplesauce ½ cup**Milk 8oz** | 20 Grilled Hamburger 3ozMac & Cheese ½ cupFestive Green Beans ½ cupDiced Pineapple ½ cupWheat Bun 1 eachMilk 8 oz | **21**Bagel w/ Sausage (2oz)Egg & CheeseRoasted Sweet ½ cupPotatoesSliced Apples ½ cupMilk | **22**Sliced Turkey 2ozOver Southwest Pasta ½ cupPeas ½ cupCorn ½ cupPudding ½ cupWheat bread 1 sliceMilk |
| **25****Merry Christmas!****Meatloaf 3oz w/Gravy****Brussels Sprouts ½ cup****Mashed Potatoes ½ cup****Wheat Bread 2 slices****Mandarin Oranges ½ cup**Milk 8oz | **26**Smothered Chicken Breast 3ozWhite and Wild Rice ½ cupKey West Veggies ½ cupWheat Bread 1 sliceBirthday Treat 1 each**Milk 8oz** | **27****Indiana Style**  **Chili Mac 1 cup(2oz)****Mixed Veggies ½ cup****Applesauce ½ cup****Corn Bread 1 each****Milk 8oz** | 28Potato Pollock 4ozPeas and Corn ½ cupCollard Greens ½ cupWheat Bread 1 sliceTropical Fruit 4ozMilk | **29****Spaghetti/Meatballs 1 cup****Parmesan Cheese** **California Veggie****Blend ½ cup****Italian Cut** **Green Beans ½ cup****Mandarin Orange ½ cup****Milk 8oz** |

\*Menus are subject to change based on product availability.