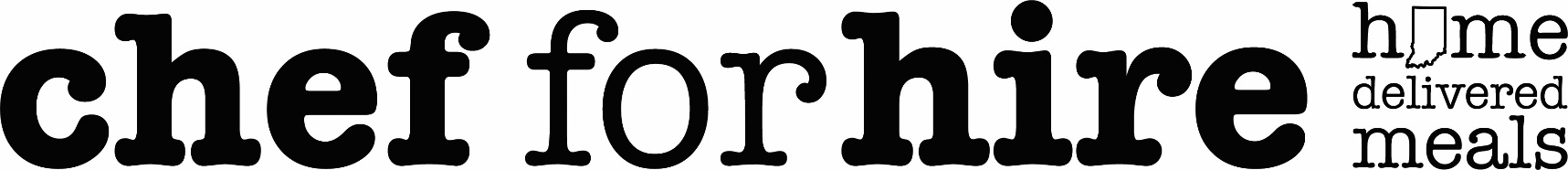
**December 2023 Adult Daycares**



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| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| **A cartoon of a christmas tree  Description automatically generated** | **Cultural Meal Day** |  |  | 1  Country Fried  Steak 3oz w/Gravy  Spinach ½ cup  Baked Potato ½ cup  w/Smart Balance  Tropical Fruit ½ cup  Milk |
| 4  Beef w/Broccoli (3oz)&  Noodles 1 cup  Diced Carrots ½ cup  Diced Pears ½ cup  Milk 8oz | **5**  Chicken Parmesan 3oz  Key West  Veggies ½ cup  Roasted Redskin  Potatoes ½ cup  Wheat Bread 1 slice  Mango Cup ½ cup  Milk 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** | 7  Grilled Chicken 3oz  w/Salsa & Cheese 2oz  Black Beans ½ cup  Diced Carrots ½ cup  Corn Muffin 2 each  Mandarin 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** | 12  Country Ham &  Beans 1 cup(2oz)  Diced Carrots ½ cup  Diced Beets ½ cup  Corn Bread 2 each  Mixed Fruit ½ cup  Milk 8oz | 13  Shrimp & Chicken  Gumbo 1 cup(2oz)  Brown Rice ½ cup  Creamed Spinach ½ cup  Tropical Fruit Cup 4 oz  Wheat bread 1 slice  Milk 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 | 19  Beef Over  Egg Noodles 1 cup (2oz)  Mixed Greens ½ cup  Diced Carrots ½ cup  Wheat Roll 1 each  Applesauce ½ cup  **Milk 8oz** | 20  Grilled Hamburger 3oz  Mac & Cheese ½ cup  Festive Green Beans  ½ cup  Diced Pineapple ½ cup  Wheat Bun 1 each  Milk 8 oz | **21**  Bagel w/ Sausage (2oz)  Egg & Cheese  Roasted Sweet ½ cup  Potatoes  Sliced Apples ½ cup  Milk | **22**  Sliced Turkey 2ozOver  Southwest Pasta ½ cup  Peas ½ cup  Corn ½ cup  Pudding ½ cup  Wheat bread 1 slice  Milk |
| **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 3oz  White and Wild Rice  ½ cup  Key West Veggies ½ cup  Wheat Bread 1 slice  Birthday 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** | 28  Potato Pollock 4oz  Peas and Corn ½ cup  Collard Greens ½ cup  Wheat Bread 1 slice  Tropical Fruit 4oz  Milk | **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.