

OGDEN SENIOR CENTER NUTRITIONAL MENU December-16

MONDAY	WEDNESDAY	FRIDAY
<p><i>All meals served with milk, bread, and margarine.</i></p> <p><i>Soup served with crackers.</i></p>		<p>Braised Pork Chop w/Gravy Scalloped Potatoes Broccoli Warm Apple Sauce Rye Bread Oatmeal Raisin Cookie</p>
5	<p>Meat Lasagna Carrots Cauliflower Italian Bread Fresh Apple</p>	9
<p>Stuffed Pepper w/Sauce Turkey Vegetable Soup Mashed Winter Squash 12-Grain Bread Peaches</p>	7	<p>Broccoli Cheese Quiche Spinach Lentil Soup Green Beans Wheat Bread Pineapple</p>
12	<p>Rosemary Pork Loin w/Gravy Au Gratin Potatoes California Blend Vegetables Applesauce Dinner Roll Lemon Pudding</p>	16
<p>Vegetable Lasagna Wax Beans Spinach Apple Juice Italian Bread Apricots</p>	14	<p>Goulash w/Ground Beef Cauliflower Beets Rye Bread Peaches</p>
<p>Happy Holiday Dinner 19 Steak Diane w/Mushroom Sauce Tossed Lettuce Salad w/French Dressing Scalloped Potatoes Dinner Roll Holiday Dessert</p>	21	<p>ABVI CLOSED</p> <p>NO MEALS SERVED</p>
<p>Ind. Meat Loaf w/Vegetable Gravy Mashed Potatoes Broccoli Rye Bread Pears</p>	23	<p>Stuffed Pepper w/Sauce Turkey Vegetable Soup Mashed Winter Squash 12-Grain Bread Peaches</p>
26	<p>Sloppy Joes on Bun Scandinavian Blend Vegetables Cauliflower Pears</p> <p style="text-align: center;"><i>(order 30 cupcakes)</i></p>	30
<p>ABVI CLOSED</p> <p>NO MEALS SERVED</p>	<p>Baked Ham Slice w/Raisin Sauce Scalloped Potatoes Brussel Sprouts Dinner Roll Sherbet</p>	<p>Steak Diane w/Mushroom Sauce Tossed Lettuce Salad w/French Dressing Scalloped Potatoes Dinner Roll Holiday Dessert</p>

Certified by Mary Apps, MS, RD, CDN 9/1/16

Monroe County Dept of HS/Office for the Aging

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