MIDDAY FRIENDSHIP
MENU
DECEMBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Beef Stew Mashed Potatoes Broccoli Florets Three Bean Salad Dinner Roll Brownie Chicken & Rice Soup	2 *BRUNCH FOR LUNCH* Egg Patties 2 x's Mini Buttermilk Biscuit Home Fried Potatoes (2x) Turkey Sausage Patties Mandarin Oranges Fruited Yogurt Navy Bean Soup
5 Breaded Tilapia w/ Tartar Rice Pilaf Brussels Sprouts Tomato Salad Rye Slice Chocolate Ice Cream Cup Minestrone Soup	6 Baked Chicken Leg w/Gravy Red Roasted Potatoes Glazed Carrots Tossed Salad w/ Dressing Dinner Roll Tropical Fruit Salad Corn Chowder Soup	7 Chicken Parmesan w/Grated Cheese Packets Penne Pasta Marinara Spinach Anti Pasto Salad Italian Bread Raspberry Sherbet Manhattan Clam Chowder Soup	8 Meatloaf w/Gravy Mashed Sweet Potatoes Mixed Peas Carrots and Corn Carrot Raisin Salad Dinner Roll Fruited Yogurt Navy Bean Soup	9 Pot Roast w/Gravy Mashed Potatoes Broccoli, Cauliflower, Carrots Romaine Salad w/ Mandarin Oranges Buttermilk Biscuit Lemon Sherbet Tomato Soup
12 Cheese Lasagna Meatballs Italian Green Beans Anti Pasto Salad Garlic Bread Fruited Yogurt Beef Vegetable & Ham Soup	13 Chicken Marsala Brussels Sprouts Brown Rice Caesar Salad Dinner Roll Strawberry Short Cake Ice Cream Garden Vegetable Soup	14 Breaded Chicken Filet w/ Lettuce, Tomato & Mayo Red Roasted Potatoes Cooked Beets Hamburger Bun Ice Cream Sandwich Split Pea Soup	15 Pepper Steak w/ Soy Sauce Rice Vegetable Medley Romaine Salad w/Mandarin Oranges Dinner Roll Brownie Chicken Noodle Soup	16 Roast Loin of Pork w/Gravy Mashed Sweet Potatoes Spinach Three Bean Salad Corn Bread Vanilla Ice Cream Cup Mushroom Barley Soup
19 Chicken Salad Lettuce & Tomato Carrot Raisin Salad Beet and Onion Salad Rye (2X) Lemon Pound Cake Three Bean Soup	20 (2X) Hotdogs w/Sauerkraut Mustard, Ketchup, Relish Home Fries Mixed Peas, Carrots, Corn Sugar Free Fruited Jell-o (2X) Hotdog Buns Fruited Yogurt Turkey Vegetable Soup	21 Beef Taco Meat w/Taco Sauce w/Shredded Cheddar Cheese, Sour Cream Spanish Rice Collard Greens Shredded Lettuce, Chopped Tomato,(2X) Soft Taco Shells Tropical Fruit Cup Lentil Soup	22 Baked Chicken Leg w/Gravy Wild Rice Cauliflower Tossed Salad w/ Dressing Dinner Roll Soft Chocolate Chip Cookie Garden Vegetable Soup	23 Roast Turkey Breast w/Gravy Mashed Potatoes Green Beans Cranberry Sauce Tomato Salad Dinner Roll Cupcake Cream of Mushroom Soup
26 ALL SITES CLOSED	27 Baked Honey Glazed Ham Mashed Sweet Potatoes Spinach Caesar Salad Dinner Roll Chocolate Ice Cream Cup Chicken Vegetable Soup	28 California Burger on a Bun Lettuce, Tomato, & Onion Ketchup Baked Potato Wedges Vegetable Medley Carrot Raisin Salad Mixed Fruit Cup Chunky Potato w/Ham	29 Chicken Stir Fry w/ Soy and Duck Sauce Rice Tropical Fruit Salad Chinese Noodles Chocolate Coconut Cake Egg Drop Soup	30 Kielbasa w/Sauerkraut Mustard Roasted Red Potatoes Carrot Coins Applesauce Hoagie Roll Fruited Yogurt Cream of Broccoli

TAMMI BROWN-DIRECTOR

PLEASE CALL 973-285-6856 FOR THE NUTRITION CENTER NEAR YOU!

MENU IS SUBJECT TO CHANGE