



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 CHILI CORN BREAD SALAD FRUIT			4 PORK STIR FRY BROWN RICE FRUIT
	8 BEEF STEW ROLL FRUT			11 CHICKEN ALFREDO CALIFORNIA BLEND FRUIT
	15 BAKED FISH CUBAN BLACK BEANS & RICE SALAD DESSERT			18  CHRISTMAS DINNER
	22 PORK CHOP ROLL SWEET POTATOES COLESLAW			25 
	29 SALISBURY STEAK MASHED POTATOES ROLL WINTER GREENS FRUIT			

THE OLDER AMERICANS ACT NUTRITION PROGRAM – Please give whatever you can; help us help others.

Seniors Centers Enrich Lives!