CAPON VALLEY VIEW (ROMNEY 304-822-2465 Capon Valley 304-856-3650 DECEMBER 2020 Menu is subject to change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 CHILI CORN BREAD SALAD FRUIT			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
	PORK CHOP ROLL SWEET POTATOES COLESLAW			25  Merry Christmas
	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!**