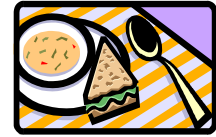




# Nutrition Program – December 2011

Serving Time: 11:30am-12:15pm

Menu items subject to change



Suggested contribution of: \$2.50 for persons 60 and over and their spouses. Lunch cost \$4.00 for anyone under the age of 60.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center"><b>RESERVATION PROCEDURE</b></p> <ul style="list-style-type: none"> <li>You are now allowed to reserve your meal <u>2 weeks</u> in advance.</li> <li>The <u>latest</u> you can make your meal reservation is 10:00am the day before the meal is served.</li> <li>All meal cancellations <u>must</u> be made by 10:00am the day before the meal is served.</li> </ul> <p>Reservations must be made at the front desk or by calling 723-2425.</p>			<p>December 1</p> <ul style="list-style-type: none"> <li>Rosemary Oven Browned Chicken</li> <li>Navy Bean Soup</li> <li>Coleslaw</li> <li>12 Grain Bread</li> <li>Fruit Cocktail</li> </ul>	<p>December 2</p> <ul style="list-style-type: none"> <li>Flame Burger</li> <li>Steamed Potatoes</li> <li>Shredded Lettuce</li> <li>Tomato Slice</li> <li>Italian Blend Vegetables</li> <li>Hamburger Roll</li> <li>Pineapple</li> </ul>
<p>December 5</p> <ul style="list-style-type: none"> <li>Italian Sausage w/ Peppers &amp; Onions</li> <li>Beef Barley Vegetable Soup</li> <li>Italian Blend Vegetables</li> <li>Hot dog Roll</li> <li>Fresh Apple</li> </ul>	<p>December 6</p> <ul style="list-style-type: none"> <li>Mild Chili</li> <li>Apple Juice</li> <li>Tossed Lettuce Salad</li> <li>Oyster Crackers</li> <li>Apricots</li> </ul>	<p>December 7</p> <ul style="list-style-type: none"> <li>Individual Meatloaf w/ Vegetable Gravy</li> <li>Mashed Potatoes</li> <li>Cauliflower</li> <li>Wheat Bread</li> <li>Peaches</li> </ul>	<p>December 8</p> <ul style="list-style-type: none"> <li>Potato Crusted Tilapia w/ Tatar Sauce</li> <li>Coleslaw</li> <li>Mixed Vegetables</li> <li>Dinner Roll</li> <li>Pears</li> </ul>	<p>December 9</p> <ul style="list-style-type: none"> <li>BBQ Chicken ¼</li> <li>Yankee Bean Soup</li> <li>Broccoli</li> <li>Corn Muffin</li> <li>Fruited Gelatin w/ Whipped Topping</li> </ul>
<p>December 12</p> <ul style="list-style-type: none"> <li>Vegetable Lasagna</li> <li>Grape Juice</li> <li>Tossed Salad</li> <li>Italian Bread</li> <li>Fruit Cocktail</li> </ul>	<p>December 13</p> <ul style="list-style-type: none"> <li>Chicken ala King</li> <li>Coleslaw</li> <li>Mashed Winter Squash</li> <li>Biscuit</li> <li>Oatmeal Cookie</li> </ul>	<p>December 14</p> <ul style="list-style-type: none"> <li>Braised Pork Chop</li> <li>Gravy</li> <li>Scalloped Potatoes</li> <li>Spinach</li> <li>Rye Bread</li> <li>Clementine</li> </ul>	<p><b>No Lunch Served</b></p>	<p>December 16</p> <ul style="list-style-type: none"> <li>Steak Diane</li> <li>Mushroom Gravy</li> <li>Smashed Potatoes</li> <li>California Blend Vegetables</li> <li>Dinner Roll</li> <li>Holiday Dessert</li> </ul>
<p>December 19</p> <ul style="list-style-type: none"> <li>BBQ Pork Riblet</li> <li>Corn Chowder</li> <li>Italian Blend Vegetables</li> <li>Hamburger Roll</li> <li>Mandarin Oranges</li> </ul>	<p>December 20</p> <ul style="list-style-type: none"> <li>Macaroni &amp; Cheese</li> <li>Stewed Tomatoes</li> <li>Green Beans</li> <li>12 Grain Bread</li> <li>Kiwi</li> </ul>	<p>December 21</p> <ul style="list-style-type: none"> <li>Oven Browned Chicken ¼</li> <li>Heart Healthy Pasta Vegetable Soup</li> <li>Broccoli &amp; Cauliflower</li> <li>Corn Muffin</li> <li>Petite Banana</li> </ul>	<p>December 22</p> <ul style="list-style-type: none"> <li>Beef Stew</li> <li>Orange Juice</li> <li>Tossed Salad</li> <li>Biscuit</li> <li>Pears</li> </ul>	<p>December 23</p> <ul style="list-style-type: none"> <li>Potato Crusted Tilapia w/ Tatar Sauce</li> <li>Coleslaw</li> <li>Mixed Vegetables</li> <li>12 Grain Bread</li> <li>Sherbet</li> </ul>
<p><b>CSC CLOSED</b></p>	<p>December 27</p> <ul style="list-style-type: none"> <li>Tuna Noodle Casserole</li> <li>Cream of Tomato Soup</li> <li>Brussels Sprouts</li> <li>12 Grain Bread</li> <li>Fruit Cocktail</li> </ul>	<p>December 28</p> <ul style="list-style-type: none"> <li>Pasta &amp; Spaghetti Sauce</li> <li>Meatballs</li> <li>Tossed Lettuce Salad</li> <li>Wax Beans</li> <li>Italian Bread</li> <li>Clementine</li> </ul>	<p>December 29</p> <ul style="list-style-type: none"> <li>Char-grilled Chicken Sandwich</li> <li>Grape Juice</li> <li>Minestrone</li> <li>Shredded Lettuce</li> <li>Tomato Slice</li> <li>Hamburger Roll</li> <li>Oatmeal Cookie</li> </ul>	<p>December 30</p> <ul style="list-style-type: none"> <li>Sweet &amp; Sour Meatballs</li> <li>Brown Rice</li> <li>Oriental Blend Vegetables</li> <li>Carrots</li> <li>Dinner Roll</li> <li>Fresh apple</li> </ul>

**Medical Motors Transportation-** Daily transportation to the center for seniors 55 and older is provided through Medical Motors for Greece residents for the Nutrition Program and Activities. There is a suggested donation of \$2.00. Pick-ups are between 8:00-9:00am, Mon-Fri. Returns are 12:15-2:45pm on Mon & Thurs, and 12:15-2:00pm on Tues, Wed & Fri. Every Tuesday there is a Special Shopping Trip and on Fridays a shopping trip to Wegmans. You must call 723-2425 at least 24 hours in advance to sign up for transportation. **PLEASE call 654-7030 before 8:00 am if you need to cancel on THE DAY you are scheduled to be picked up.**