

Council on Aging December 2018 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Beans Managers Choice Greens Mac & Cheese Pears Corn Bread/ marg Oatmeal Cookie 2%Milk	4 Sweet & Sour Chicken Rice Egg roll Yogurt Fig Bar Juice 2%Milk	5 Breaded Fish wedge Green Peas Potatoes Macaroni Salad Muffin Fruit 2%Milk	6 Spaghetti Green Beans Garlic Bread Stick Banana Parmesan Cheese Juice 2%Milk	7 Broccoli Cheese Soup Chicken Caesar Salad w/ tom Crackers Pound Cake Salad dressing Juice 2%Milk
10 Potato Soup Peanut butter Sandwich Fruit salad Crackers 2% Milk	11 Hamburger on Bun Lettuce/ Tom/ Onion Tater Tot Casserole Yogurt Fig Bar Juice 2% Milk	12 BBQ Sandwich Parsley Potatoes Cinnamon Applesauce Vanilla wafers 2%Milk	13 Beef Mac & Cheese Lima Beans Roll Orange 2% Milk	14 Chicken & Dumplings Green Beans Sweet Potatoes Biscuit Brownie 2% Milk
17 BBQ Chicken Squash Carrots Roll/jelly Graham Crackers yogurt 2%Milk	18 Lasagna Mix Vegetables Garlic Bread Stick Jello Oatmeal Cookie Juice 2% Milk	19 Stir Fry w/ cabbage chicken Rice Fruit Cookie Egg roll 2%Milk	20 Sloppy Joe Sandwich Baby Bakers Potatoes Coleslaw Peaches 2%Milk	21 Oven fried chicken Peas Dirty rice Roll Orange 2%Milk
24 Chatham Council on Aging Closed For Christmas	25 Chatham Council on Aging Closed For Christmas	26 Chatham Council on Aging Closed For Christmas	27 Chatham Council on Aging Closed For Christmas	28 Chatham Council on Aging Closed For Christmas
31 BBQ Pork Ribs Peas and carrots Sweet Potatoes Roll Brownie 2%Milk				Call the day before to order Senior Meal of the Day Guest \$5.50 Eat In Take Out 919-542-4512 Alan 919-742-3975 Teresa or Fred