
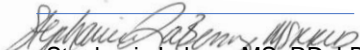


December 2023

Monday	Tuesday	Wednesday	Thursday	Friday
	To cancel your meal, call 641-792-7102. Meals will not be left if you are not home or have not communicated with us.			1 Tortellini w/ Meat Sauce Italian Blend Vegetables Garlic Toast Applesauce
4 Catch of the Day (Cod) Tri Tators California Blend Vegetables Fruit Cup Lemon Mousse	5 Maple Balsamic Pork Loin Sweet Potatoes Country Trio Vegetables Diced Pears	6 40 Clove Chicken Sage Stuffing Green Beans Strawberries	7 Meatball Sub Sandwich Sweet Potato Tots Tossed Salad/Dressing Blueberries	8 3 Bean Soup with Ham Brussels Sprouts Crackers Apricots
11 BBQ Pork Sandwich Diced Potatoes w/Cheese Coleslaw Strawberries	12 Beef Pot Roast with Roasted Potatoes, Carrots, and Onions Fruit Cocktail Muffin	13 Ham Mashed Potatoes/Gravy Corn Mandarin Oranges Banana Foster Poke Cake	14 Baked Crispy Fish Macaroni and Cheese Coleslaw Baked Spiced Fruit Cup	15 Chicken Gumbo Soup Crackers Broccoli and Cauliflower Peaches
18 Beef & Pepper Rice Bowl Green Beans Apple Baked Pumpkin Pudding	19 Cook's Choice Tator Tot Casserole Kidney Bean Salad Pineapple Dessert Bread	20 Chicken Patty on Bun Buttered Corn TriTator Apricots	21 Beef & Bean Enchilada Shredded Lettuce Black Bean and Corn Salad Warm Cinnamon Applesauce	22 Hamburger Steak & Gravy Mashed Potatoes Carrots Banana
25 Christmas CLOSED 	26 CLOSED	27 Cheesy Tuna Casserole Seasonal Vegetable Apricots Cookie	28 Chicken Noodle Soup Broccoli Crackers Pineapple	29 Garlic Roasted Pork over Mashed Potatoes Roasted Brussels Sprouts Dinner Roll Blueberries

**Milk offered with all meals. All meals meet 1/3 of the Recommended Dietary Allowances (RDA) for older adults.


Stephanie Labenz MS, RD, LD