




| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|---|
| <p align="center">NORTHWEST SENIOR & DISABILITY SERVICES</p> <p align="center">DECEMBER 2017</p> | <p align="center">Suggested Donation: \$3.00 per meal</p> <p align="center">1% Milk served with all meals</p> |  |  | <p>♥ Scalloped Potatoes & Turkey Ham or <u>Beef Spanish Rice</u> Cut Green Beans Tossed Salad Rye Roll Chocolate Oatmeal Bar 1</p> |
| <p>♥ Beef Cabbage Bake or <u>Macaroni & Cheese</u> Broccoli Spinach Romaine Salad Onion Roll Mandarin Oranges 4</p> | <p>♥ Beef Stroganoff or <u>Chicken in Peanut Sauce</u> over Brown Rice Mixed Vegetables Romaine Iceberg Salad Red Gelatin w/Whipped Top 5</p> | <p>♥ Chkn Salad Sndwch Half or <u>Egg Salad Sndwch Half</u> on Wheat Bread Tomato Basil Soup Carrot Slaw Pineapple 6</p> | <p>♥ Homestyle Turkey Patty or <u>Beef Swiss Style Patty</u> Whipped Potatoes w/Gravy Seasoned Carrots Potato Wheat Bread Chocolate Almond Pudding 7</p> | <p>♥ BBQ Chicken Sandwich or <u>Fish Patty Sandwich</u> on a Bun Lima Beans Sunshine Salad Fresh Orange 8</p> |
| <p>♥ Swt/Sour Chicken w/Rice or <u>Beef Chili Macaroni</u> Green Peas Creamy Coleslaw Cornmeal Roll Rhubarb Applesauce 11</p> | <p>♥ Trky Salad Sndwch Half or <u>Tuna Salad Sndwch Half</u> on Wheat Bread Cream of Broccoli Soup Carrot Raisin Salad Chilled Peaches 12</p> | <p>♥ Cowboy Campfire Stew or <u>Cheese & Grn Chile Bk</u> Whole Kernel Corn Marinated Broccoli Salad Whole Wheat Roll Cranberry Crunch Bar 13</p> | <p>♥ Breaded Fish w/Tartar Sc or <u>Salisbury Patty</u> Delmonico Potatoes Country Trio Vegetables Dill Bread Chilled Pears 14</p> | <p>♥ Chicken Supreme or <u>Roast Pork w/Gravy</u> Whipped Potatoes Capri Blend Vegetables Bran Wheat Bread Zucchini Brownie 15</p> |
| <p>♥ Chicken Alfredo Pasta or <u>Western Pork Stew</u> Zucchini w/Red Peppers Spinach Romaine Salad Seven Grain Roll Fresh Orange 18</p> | <p>♥ Shoyu Chicken or <u>Baked Ham w/Orange Glz</u> Whipped Sweet Potatoes Scandinavian Blend Vegt Cracked Wheat Bread Apple Cranberry Crisp 19</p> | <p>♥ Roast Turkey w/Gravy or <u>Meatloaf w/Gravy</u> Whipped Potatoes Succotash Oatmeal Bread Strawberry Ice Cream 20</p> | <p>♥ Chicken Patty w/Cranberry Glaze or <u>BBO Smokehouse Chop</u> Colcannon Potatoes Oregon Bean Medley French Bread Pumpkin Custard 21</p> | <p>♥ Lasagna Roll Ups or <u>King Ranch Chicken Bake</u> Broccoli & Carrots Tossed Salad Bran Rye Bread Chocolate Mint Pudding 22</p> |
| <p><u>Closed for the Holiday</u>  25</p> | <p>♥ Pork Choppie w/Gravy or <u>Chicken a la King</u> Whipped Potatoes Broccoli Oatmeal Bread Pineapple 26</p> | <p>♥ Grnd Beef & Potato Stew or <u>Turkey & Penne Pasta</u> Capri Blend Vegetables Country Coleslaw Wheat Roll Butterscotch Bar 27</p> | <p>♥ Spaghetti w/Meat Sauce or <u>Broccoli Omelet Bake</u> Country Trio Vegetables Spinach Romaine Salad Multigrain Roll Orange Whip 28</p> | <p>♥ Chicken Chop Suey or <u>Teriyaki Meatballs</u> Steamed Rice Green Peas Mandarin Pineapple Gelatin Wheat Dinner Roll Confetti New Year's Cake 29</p> |