




Call 672-2240 for a Home Delivered Meal

DECEMBER 2009

*Menu item contains nuts
All meals are served with 1% milk

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
		Beef Pot Roast w/ Roasted Potatoes, Carrots, Onions & Gravy Potato Roll Mixed Green Salad Ice Cream w/ Strawberries 1	Turkey Breast Filet w/ Peas & Green Onions Wild Rice Pilaf Carrot Coins Boston Brown Bread Cran-Apple Crisp 2	Baked Chicken Mashed Potatoes w/Gravy Asian Blend Vegetables Whole Wheat Roll Dark Sweet Cherries Brownie 3	Beef Fajitas w/ Flour Tortilla & Salsa Ranch Style Beans Lettuce & Tomato Salad Peaches Butterscotch Cookie 4	Minestrone Soup Submarine Sandwich w/ Lettuce & Tomato Potato Salad Peach Berry Crumble 5	
Beef Pepper Steak Stir Fry Vegetables & Rice Fanny's Cole Slaw Pineapple Chunks Oatmeal Spice Cake 6	Parmesan Coated Fish w/ Lemon Roasted Root Vegetables Minnesota Green Beans Banana Bread Plums 7	BBQ Pork Wings Baked Squash Tossed Green Salad Whole Wheat Roll Fruit Pizza 8	Swedish Meatballs over Egg Noodles Pacific Blend Vegetables Mixed Green Salad Pumpkin Bran Muffin Baked Apples 9	Pizza w/ Pepperoni, Ground Beef & Veggies Roasted Asparagus 3-Bean Salad Creamy Rice Pudding 10	Herb Pork Roast Scalloped Potatoes Italian Style Zucchini Cucumber & Tomato Salad Apricots Spice Cake 11	Chicken Ala King over Buttermilk Biscuits Spinach Salad Mandarin Oranges German Chocolate Cake * 12	
Roast Beef w/ Gravy Rosemary Red Potatoes Stewed Tomatoes Creamy Coleslaw Mixed Berry Crisp 13	Western Egg Bake Seasoned Potatoes Green Salad Citrus Cup Boston Brown Bread 14	Beef Stroganoff over Egg Noodles Steamed Broccoli Cinnamon Raisin Roll Sunshine Salad Butterscotch Pudding 15	Hot Pork Sandwich Mashed Potatoes w/ Gravy Key Largo Vegetable German Cole Slaw Plum Blueberry Crisp 16	Swiss Steak w/ Tomato Sauce Baked Potato w/ Sour Cream Brussels Sprouts Mixed Green Salad Cherry Crisp 17	Pawtucket Chicken Chowder Ham Salad Sandwich on Dark Rye Bread Spinach Salad Banana Chocolate Cup Cake 18	Spaghetti w/ Meat Sauce Balsamic Green Beans Caesar Salad Ambrosia Date Bar 19	
Roast Turkey w/ Gravy Baked Sweet Potatoes Pacific Blend Vegetables Rye Roll Fruit Cup Pumpkin Custard 20	Beef Stew Corn Bread Cottage Cheese Salad w/ Peaches Peanut Butter Cookie * 21	Parmesan Chicken Pasta Primavera Italian Vegetables Focaccia Blueberry Peach Cobbler 22	Glazed Baked Ham Roasted Sweet Potatoes Winter Blend Vegetables Swedish Rye Bread Mandarin Oranges Carrot Cake * 23	Salmon Filets w/ Lemon Creamy Risotto Sugar Snap Peas Carrot, Apple & Celery Salad Apple Pear Crisp 24	CHRISTMAS Roast Beef w/ Gravy Twice Baked Potatoes Green Beans & Tomatoes Fresh Fruit Salad Bread Pudding w/ Sauce 25		Chicken, Bacon Ranch Sandwich on WW Bun White Bean Soup Cole Slaw Fruit Cup Cookie 26
Pork Chop Supreme Au Gratin Potatoes Brussels Sprouts Waldorf Salad * Banana Spice Cake 27	Sloppy Joe Oven Baked Fries Creamy Coleslaw Banana Chocolate Pudding 28	Turkey Breast Filet Bread Dressing w/ Gravy Broccoli Spinach Mushroom Salad Fruit Parfait 29	Baked Steak Teriyaki over Egg Noodles Stir Fry Vegetables Asian Salad * Pineapple Chunks Gingersnap Cookie 30	Baked Chicken Real Mashed Potatoes Winter Vegetables Greek Salad Marble Cheesecake w/ Berries 31			
		Baked Ham w/Raisin Sauce Baked Hubbard Squash Green Beans w/ Almonds * Fanny's Cole Slaw 2	<u>CHRISTMAS GALA W/SHERIDAN-AIRES</u> 9 Pork Chop w/Dressing & Gravy Buttered Beets Garden Bounty Salad Apple Pie Ala Mode	Meatloaf Rosemary Red Potatoes Spinach Delicious Pear Cheese Salad Lemon Pie Cookie 16	Turkey & Noodle Casserole Green Beans Cranberry Orange Salad Pumpkin Bran Muffin Christmas Sugar Cookie 23	Egg Rolls Chicken Chop Suey over Chinese Noodles Citrus Fruit Salad Coconut Macaroon 30	




Serving at the Senior Center-Everyday 11:30 a.m. to 12:45 p.m.; Heritage Towers: Mon., Tues., Thurs. & Fri. 12:00 to 12:45 p.m.

Tongue River Valley: Mon.—Fri. 12:00 to 12:45 p.m.; Story Women's Club: Tues. 12:00 to 12:45 p.m.; Big Horn Women's Club Thurs. 12:00 to 12:45 p.m.

Call 672-2240 for a Home Delivered Meal

JANUARY 2010

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
 <h2 style="display: inline;">"Pear-Up" With Good Nutrition</h2>  <p>Even Moderate Fitness Can Add Years To Your Life: A recent study found that people who stay even moderately fit as they age may live longer than those who are out of shape. Consider joining the fitness class in the Community Room at the Center on Mon., Wed., and Fri. offered at either 9:00 a.m. or 10:00 a.m.</p>						Chili Cheddar Cheese Stick Garden Salad Cinnamon Roll California Fruit Ice Cream 1	Chicken Tetrastini Wild Rice Pilaf Mediterranean Vegetables Corn Meal Roll Baked Apples 2
Beef Pot Roast w/ Roasted Potatoes, Carrots, Onions & Gravy Potato Roll Mixed Green Salad Cranberry Molded Salad 3	Spinach & Ham Quiche Home Fries Oregon Bean Medley Cinnamon Coffee Cake Mandarin Oranges 4	French Dip Sandwich w/ Au Jus & Horseradish Roasted Corn Broccoli Craisin Salad * Chunky Applesauce Chocolate Zucchini Cake 5	Fish Florentine Mixed Grain Pilaf Glazed Carrots Whole Wheat Roll Fanny's Cole Slaw Chocolate Chip Cookie 6	Herb Roast Pork w/ Applesauce Rosemary Red Potatoes Stewed Tomatoes Green Salad Peach Shortcake 7	Hot Turkey Sandwich Smashed Potatoes w/ Gravy California Blend Vegetables Caesar Salad Cran-Apple Compote 8	Chicken Fried Steak Mashed Potatoes w/ Gravy Green Beans Carrot Raisin Pineapple Salad Blueberry Buckle 9	
Oven Fried Chicken Baked Potato w/ Gravy Peas & Carrots Spinach Mushroom Salad Pears Gingerbread 10	Potato-Leek Soup BBQ Pork Sandwich Harvest Salad Apricots Lemon Cookie 11	Lasagna Italian Vegetables Mixed Green Salad Garlic Bread Strawberry-Rhubarb Crisp 12	Roast Beef w/ Gravy Rosemary Red Potatoes Winter Blend Vegetables Spinach Orange Salad Black Forest Cake 13	Chicken Enchilada w/ Salsa Peas & Onions Lettuce & Tomato Salad Tropical Fruit Oatmeal Raisin Cookie 14	Meat Loaf w/ Gravy Cauliflower Mac n' Cheese Garden Trio Vegetables Apple Spice Muffin California Fruit 15	Sweet & Sour Pork Brown Rice Pilaf Sesame Green Beans Asian Salad * Coconut Almond Pudding 16	
Breaded Baked Fish w/ Tarter Sauce & Lemon Baked Squash California Blend Vegetables Spinach Bread Angel Food w/ Berries 17	Hot Beef Sandwiches Mashed Potatoes w/ Gravy Beet Salad California Fruit Oatmeal Cookie 18	Hawaiian Chicken Baked Sweet Potato Key Largo Vegetable Banana Bread Tropical Fruit 19	Beef Pot Roast w/ Roasted Potatoes, Carrots, Onions & Gravy Potato Roll Mixed Green Salad Strawberries & Bananas 20	Turkey Breast Filet w/ Peas & Green Onions Wild Rice Pilaf Carrot Coins Boston Brown Bread Cran-Apple Crisp 21	Baked Chicken Mashed Potatoes w/ Gravy Asian Blend Vegetables Whole Wheat Roll Dark Sweet Cherries Brownie 22	Beef Fajita w/ Flour Tortillas & Salsa Ranch Style Beans Lettuce & Tomato Salad Peaches Butterscotch Cookie 23	
Herb Roast Pork Scalloped Potatoes Italian Style Zucchini Cucumber & Tomato Salad Apricots Spice Cake 24	Chicken Ala King over Buttermilk Biscuit Spinach Salad Mandarin Oranges German Chocolate Cake * 25	Swedish Meatballs over Egg Noodles Pacific Blend Vegetables Mixed Green Salad Pumpkin Bran Muffin Baked Apples 26	BBQ Pork Wings Baked Squash Tossed Green Salad Whole Wheat Roll Fruit Pizza 27	Beef Pepper Steak Stir Fry Vegetables & Rice Fanny's Cole Slaw Pineapple Chunks Oatmeal Spice Cake 28	Pizza w/ Pepperoni, Ground Beef & Veggies Roasted Asparagus 3-Bean Salad Creamy Rice Pudding 29	Western Egg Bake Seasoned Potatoes Green Salad Citrus Cup Boston Brown Bread 30	
Swiss Steak w/ Tomato Sauce Baked Potato w/ Sour Cream Brussels Sprouts Mixed Green Salad Cherry Crisp 31		HERITAGE TOWERS DINNER Wednesdays 5:30 p.m.	Cheeseburger Deluxe w/ Lettuce, Tomato, Pickle & Onion Baked French Fries Garden Vegetable Soup Warm Carmel Apple Slices w/ Whipped Cream 6	BBQ Pork Wings Baked Potato w/Sour Cream Capri Vegetables Creamy Cole Slaw Raspberry Whip 13	Liver & Onions Alternate: Cube Steak Hash Brown Potatoes Garden Blend Vegetables Chilled Peach Half Tapioca Pudding 20	Mexican Meatball Soup Chicken Enchilada Lettuce Tomato Salad Mixed Fruit Jell-O 27	

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