

Active Adult Center Menu – DECEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Baked Ziti with Meatballs Caesar Salad Tropical Fruit Salad Italian Bread
4 BBQ Chicken Breast Baked Potato Bean Blend Fresh Seasonal Fruit Corn Muffin	5 Cheese Ravioli Marinara Sauce Wax Beans Apple Breadstick	6 Beef Burrito w/Cheese, Lettuce, Tomato Fiesta Corn Spanish Rice Baked Pineapple Soft Tortilla Shell	7 Chicken Philly Pita w/Onions, Peppers & Cheese Loaded Baked Potato Soup Blush Pears Pita Bread	8 Burgundy Beef w/Mushrooms Egg Noodles Broccoli & Carrots Fresh Seasonal Fruit White Bread
11 Cheese Omelet Baked Sausage Patty Cottage Cheese Peaches Orange Juice Blueberry Muffin	12 Pizza Burger Baked Sweet Potato Bites Broccoli Salad Raspberry Sherbet Hamburger Roll	13 Center Holiday Party Bring an appetizer to share	14 Chicken Alfredo Penne Pasta Italian Green Beans Fresh Seasonal Fruit Garlic Bread Stick	15 Holiday Dinner at Penn Stater
18 Baked Porcupine Meatball w/tomato sauce Garlic Mashed Potatoes Sweet Corn Oatmeal Cookie Whole Wheat Bread	19 Holiday Meal Chicken Cordon Bleu Parmesan Potatoes Broccoli Tossed Salad Blueberry Cheesecake Dinner Roll	20 Oven Roasted Hot Beef w/ Gravy Baked Potato w/Sour Cream Buttered Brussels Sprouts Fruited Jello Wheat Bread	21 Breaded Fish Sandwich Cole Slaw Pickled Beets Pineapple Sandwich Roll Tartar Sauce	22 Bread Ham & Cheese on Rye Lettuce/Tomato & Onion Creamy Tomato Soup, Crackers Fresh Seasonal Fruit 2 Rye Bread
25 HOLIDAY	26 COST SAVINGS DAY	27 Open-Faced Hot Meatloaf Sandwich Mashed Potatoes French Style Green Beans Fresh Fruit White Bread	28 Breaded Chicken Fillet Sandwich Lettuce, Tomato Vegetable Soup Pineapple Tidbits & Mandarin Oranges Sandwich Roll, Crackers	29 Baked Haddock Florentine Garlic Butter Orzo Broccoli & Cauliflower Baked Pear Crisp Wheat Bread

All meals include a serving of 2% milk All meals include a serving of 2% milk **To reserve your meal, call 231-3076 by 10am the day before you plan to visit**

***Adults age 55-59, the lunch cost is \$4.25 (must be paid in advance)**

***Adults age 60 & over, a donation of \$1.50 per meal is requested to help offset some of the cost.**