

Senior Nutrition Program-Des Moines December 2016

Mon	Tue	Wed	Thu	Fri
			1 Mexican Lasagna Black Beans, Corn & Yellow Rice Green Salad Cantaloupe	2
5 Vegetable Soup Ham Croissant Apple	6 Kielbasa Roasted Red Potatoes Steamed Cabbage Roll Tropical Fruit	7 Hungarian Goulash Oven Flat Noodles Broccoli Strawberry Short Cake	8 Zarandeado Fish Mashed Potatoes Broccoli Peaches Strawberry shortcake	9
12 Broccoli Cheese Soup Turkey Sandwich Apple Crisp Whipped Topping	13 Chicken Fajita Spanish Rice/Salsa Sour cream Whole Pinto Beans Ice Cream Peaches	14 Ham Scalloped Potatoes Green Beans/Salad Roll Strawberry Short Cake	15 Roast Turkey Candied Yams Cranberry Sauce Mixed Vegetables Wheat Roll Chocolate Cream Pie HOLIDAY MEAL 2016	16
19 Pork Carnita Rice Tomato & Cucumber Salad Melon Vanilla Wafers	20 BBQ Beef Sandwich Baked Potato Peas & Carrots Pears	21 Sweet & Sour Meatballs Rice Broccoli Pineapple Chunks Jello Cup	22 Beef Fajitas Rice Pinto Beans Corn on the cob	
29 DES MOINES ACTIVITY CENTER IS CLOSED FOR HOLIDAY	27 BBQ Chicken Macaroni Salad Baby Carrots Roll Apple Slices	28 Salmon Filet Green Salad Wild Rice Broccoli Wheat Roll	29 NEW YEAR BRUNCH & PJ PARTY Huevos Rancheros Sausage Hashbrowns Melon/apple juice	30

Nutrition analysis includes 2% milk. Butter, Salad Dressing & Condiments are optional and increases the fat content of the meal.

This Menu is subject to change

Consuming Mishandled Leftover Food May Increase Your Risk of Food Borne Illness.

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