




Country Neighbor Program

Orwell Site 440-437-6311

# December Menu 2018

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Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Macaroni & Cheese Buttered Spinach Garden Salad Applesauce	Beef Stroganoff over Noodles Stewed Tomatoes Pea Salad Juice	Breaded Chicken Rice Pilaf Glazed Carrots Tropical Fruit Juice	Turkey Chili Cornbread Coleslaw Mandarin Oranges/Cottage Cheese	Vegetable Beef Soup Egg Salad Sandwich Peaches Cheddar Garlic Biscuit Juice
10	11	12	13	14
Salisbury Steak Mashed Potatoes & Gravy Green Beans Beet Salad Juice	BBQ Pork Loin Baked Potato/Sour Cream Prince Edward Vegetable Carrot Raisin Salad Fresh Banana	Hamburger Gravy over Mashed Potatoes Peas Broccoli Salad Fresh Apple	Chicken w/ Citrus Glaze Lemon Rice Sonoma Vegetables 3 Bean Salad Juice	Italian Wedding Soup Garden Salad w/cheese Ambrosia
17	18	19	20	21
Beef Stir Fry Stir Fry Vegetables Brown Rice Waldorf Salad Pineapple	Chicken Parmesan W/Pasta & Sauce Broccoli Tossed Salad Apple Sauce	Meat Loaf Mashed Potatoes & Gravy Corn Cabbage Salad Mixed Fruit	Ham with Pineapple Sweet Potato Casserole Green Beans 24 Hour Salad	Chicken Tortellini Soup Side Salad Cheesy Garlic Biscuit Tapioca Jell-O W/Fruit Juice
24	25	26	27	28
<b>We will be closed in observance of Christmas on 12/24/18 &amp; 12/25/18</b>		Stuffed Cheese Ravioli W/Meat Sauce Green Beans Tossed Salad Baked Apples	Creamed Chicken over Biscuit Peas & Carrots Peach Crisp Juice	Tomato Soup Ham & Cheese Cottage Cheese/Fruit Cup Fresh Orange
31				
Polish Sausage W/Sauerkraut Mashed Potatoes Gravy Buttered Beets Applesauce	Milk and bread served with all meals.----- To request ingredient info., contact Country Neighbor at 440-437-6311		3 oz. Protein 4 oz. Fruit 4 oz. Vegetable 3 oz. Starch 2 oz. Grain 8 oz. Casserole	

Menu meets nutritional needs of healthy adult: \_\_\_\_\_