**December 2015**

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| --- | --- | --- | --- | --- | --- | --- |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **Lunches:**  Sandwich & Chips, Fruit **or** Fresh Vegetables, Beverage  **Please prepare lunch based on individual** |  | **01 Breakfast :**  **French Toast, eggs and Beverage**  **Dinner:**  **Chicken parmesan over pasta, Mixed Vegetables & Buttered Bread** | **02 Breakfast:**  **Hot Cereal w/ toast and Beverage**  **Dinner:**  **Turkey Patty w/Gravy, Tater Tots and Veggies** | **03 Breakfast:**  **Individuals Choice**  **Dinner:**  **Cheeseburgers, sweet potato fries & green beans** | **04 Breakfast:**  **Cereal w/ Muffin or toast & Beverage**  **Dinner:**  **Baked Chicken Breast, Steamed Broccoli and Rice w/ Salad** | **05 Breakfast:**  **Pancakes w/ Bacon and Beverage**  **Dinner: Baked Salmon Fillets, Seasoned Potatoes Wedges and**  **Corn on the Cob** |
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| **06** | **07** | **08** | **09** | **10** | **11** | **12** |
| **Breakfast: Oatmeal w/Fruit w/ warm milk, toast & Beverage**  **Dinner: Meatballs Garlic bread Sub w/Marinara Sauce, Salad** | **Breakfast: Breakfast Casserole w/Muffin or toast & beverage**  **Dinner: Fish Tacos w/Rice and Refried Beans** | **Breakfast: cereal, toast with peanut butter & beverage**  **Dinner: Shake n Bake Chicken, Mac ‘n’ Cheese, peas and salad** | **Breakfast: Scramble eggs, muffin & Beverage**  **Dinner: Greek Stir Fry w/ Pasta**  **Salad & Toast** | **Breakfast: Waffles with jelly or peanut butter, fruit**  **Dinner: Turkey Meatloaf, oven baked potato bites and veg of choice** | **Breakfast: Egg of Choice, muffins, fruit, sausage or bacon & beverage**  **Dinner: Bake Pork Chops w/ Au Gratin Potatoes and Green Beans** | **Breakfast: French toast & sausage or oatmeal w/ beverage**  **Dinner: Oven Baked Fish Fillets, Herbed Rice Pilaf and Green Beans** |
|  |  |  | **17** |  |  |  |
| **13**  **Breakfast: oatmeal, fruit, buttered toast & beverage**  **Dinner: Lasagna, Salad and Garlic Toast** | **14**  **Breakfast: cereal & toast with jelly or peanut butter w/ beverage**  **Dinner: Smothered Chicken, Roasted Red Potatoes, veggies** | **15**  **Breakfast: warm cereal, toast, fruit & beverage**  **Dinner:**  **Individuals Choice** | **16**  **Breakfast: cream of wheat, toast with peanut butter**  **Dinner: Salisbury Steak, Mashed Potatoes w/ Brown Gravy, Peas** | **17**  **Breakfast: Breakfast Burritos**  **Dinner: Cheeseburgers w/ Fries and Green Beans** | **18**  **Breakfast: Egg ham & cheese English muffin sandwich w/beverage**  **Dinner: Chicken & Rice Bake w/ Broccoli** | **19**  **Breakfast: oatmeal, fruit, buttered toast**  **Dinner: Flounder filets, Buttered Pasta with Basil and Snap Peas** |
| **20** | **21** | **22** | **23** | **24** | **25** | **26** |
| **Breakfast: cereal and fruit & beverage**  **Dinner: Personal Pizzas Chicken Wings and Salad** | **Breakfast: Breakfast casserole w/fruit & beverage**  **Dinner: Meatloaf, Garlic Potatoes and veggie, Mix Veggies** | **Breakfast: pancakes, bacon, eggs**  **Dinner: Turkey Chili Mac, carrots and Salad** | **Breakfast: cereal, toast with jelly or peanut butter, fruit**  **Dinner: Sausage Fajitas, Rice, Coleslaw** | **Breakfast: Cereal/Oatmeal w/ fruit & beverage**  **Dinner: Ham Steak w/ pineapple, mashed potatoes & gravy, Corn** | **Breakfast: Pancakes,**  **Fruit and beverage**  **Dinner:**  **Christmas Dinner** | **Breakfast: Cheesy Scrambled Eggs, bacon, toast & beverage**  **Dinner: Leftovers** |
| **27** | **28** | **29** | **30** | **31**    **BB** |  |  |
| **Breakfast: oatmeal, fruit, toast/English muffins**  **Dinner: Spaghetti & meatballs, garlic toast & salad** | **Breakfast: French toast, sausage, grits & beverage**  **Dinner: Cabbage Rolls w/ Red Potatoes, Gingered Beets** | **Breakfast: Egg ham & cheese muffin sandwich w/fruit & beverage**  **Dinner: Turkey ala King over egg noodles & Salad** | **Breakfast: cereal, toast w/ peanut butter, fruit or applesauce**  **Dinner: Hot Dogs w/ works, fries and slaw** | **Breakfast: Oatmeal, Fruit, Butter Toast**  **Dinner: Tamales w Rice and Black-eyed Peas** |  |  |