

December 2024

Elder Services of Worcester Area Nutrition Program

December Menu

Monday 2d

Shepherd's Pie

Carrots

Peas

Cookies

Marble Rye Bread

Tuesday 3rd

Greek Chicken

Steamed White Rice

Roasted Broccoli

Peaches

Pumpernickel Bread

Wednesday 4th

Meatloaf with Gravy

Garlic Mashed Potatoes

Chuckwagon Corn

Fresh Fruit

Whole Wheat Bread

Thursday 5th

Turkey Supreme

Cornbread Stuffing

Brussels Sprouts

Baked Cinnamon Pears

Italian Bread

Friday 6th

Lemon Pepper Haddock

Rice Pilaf

Roasted Broccoli & Carrots

Chocolate Mousse

Pumpernickel Bread

Monday 9th

Vegetable Cheese Bake

Seasoned Potatoes

Green Beans

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Mandarin Oranges

Italian Bread

Tuesday 10th

Teriyaki Beef

Steamed Rice

Broccoli

Vanilla Mousse

Fortune Cookie

Whole Wheat Bread

Wednesday 11th

Chicken Milano

Wild Rice

Spinach

Brownie

Italian Bread

Thursday 12th

Salisbury Steak w/Gravy

Garlic Mashed Potatoes

Peas & Carrots

Pear Crisp

Sandwich Roll

Friday 13th

Macaroni & Cheese

Stewed Tomatoes

Capri Blend Vegetables

Fresh Fruit

Marble Rye Bread

Monday 16th

Chicken Picatta

Rice Pilaf

Roasted California Veg.

Lorna Doones

Pumpnickel Bread

Tuesday 17th

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Hot Dog
Baked Beans
Coleslaw
Baked Apples
Hot Dog Bun

Wednesday 18th

Broccoli & Cheese Stuffed Chicken
Mashed Potatoes
Glazed Carrots
Cheesecake Mousse
Dinner Roll

Thursday 19th

Marinated Pork Loin
Herbed Potatoes
Roasted Brussels Sprouts
Fruited Ambrosia
Whole Wheat Bread

Friday 20th

Ham Salad Sandwich
Pasta Salad
Three Bean Salad
Fresh Fruit
Pita Bread

Monday 23rd

Spaghetti & Meatballs with Marinara Sauce
Marinara Sauce
Green Beans
Fresh Fruit
Italian Bread

Tuesday 24th

Chicken Fajitas
Spanish Rice
Black Beans & Corn
Sour Cream
Pita Bread

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Pineapple

Wednesday 25th

Holiday

No Meal Served

Thursday 26th

Beef w/Onions & Peppers

Seasoned Potatoes

Honey Glazed Carrots

Birthday Cake

Sandwich Roll

Friday 27th

Meatballs w/Onion Gravy

Mashed Potato

Scandinavian Vegetables

Peaches

Whole Wheat Bread

Monday 30th

Beef Tagine

Rice

Green Beans

Mandarin Oranges

Italian Bread

Tuesday 31st

Buttermilk Chicken

Herbed Stuffing

Mixed Vegetables

Fruited Ambrosia

Whole Wheat Bread

MENU SUBJECT TO CHANGE