


DECEMBER 2022

Lunch for Registered Seniors 60+ is priced at \$5.00 (suggested donation). Please sign in with the registrar by 11:55 am. Lunch is served promptly at 12:00 pm. RESERVATIONS ARE REQUIRED; MUST MAKE A RESERVATION BEFORE 11:00AM
KITCHEN STAFF: AMANDA, CHERYL, DANA, SARA

Monday	Tuesday	Wednesday	Thursday	Friday
			1) No Lunch	2) Stuffed Beef Cabbage Roll with Rice, Fried Baby Carrots, Dinner Roll & Dessert
5) Stuffed Broccoli & Cheese Chicken Breast with Garlic & Butter Rice, Dinner Roll and Dessert.	6) No Lunch	7) Baked Ziti with Corn, Salad, Garlic Bread and Dessert.	8) No Lunch	9) Pork Chop with Mushroom Gravy, Stuffing, Dinner Roll and Dessert.
12) Tuna Salad Sandwich with Three Bean Salad and Fruit.	13) No Lunch	14) Chicken Fettuccine Alfredo with Broccoli/Cauliflower, Fruit and Dessert.	15) No Lunch	16) Chicken Fried Steak with Country Gravy and Mashed Potatoes, Chuck-wagon Corn, Dinner Roll and Dessert
19) Corned Beef Cabbage, Sunshine Carrots, Rye Roll and Dessert	20) No Lunch	21) Spinach & Cheese Raviolis with Chicken and Alfredo Sauce, Polenta Cakes, Fruit and Dessert.	22) No Lunch	23) Chicken Cordon Bleu with Dijon Sauce, Garlic and Butter Rice, Tomato/Cucumber Salad, Whole Wheat Roll and Dessert.
26) CLOSED 	27) No Lunch	28) Beef Chili with Cornbread, Vegetable(s) and Dessert	29) No Lunch	30) Atlantic Salmon with Vegetable(s), Brown Rice, Fruit, Whole Grain Roll and Dessert