



# DECEMBER | 2018

## ONSTED MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>NO SALT IS ADDED IN THE KITCHEN</b>	<b>Due to product availability substitutions may occur</b>			
<b>3</b> Hamburger Gravy Over Potatoes Green Beans Dinner Roll w/butter Peaches	<b>4</b>	<b>5</b> Pigs in a Blanket Cheesy Potatoes Mixed Vegetables Fresh Fruit	<b>6</b> Mushroom Steak Red Skin Potatoes California Vegetables Fruit Salad	<b>7</b>
<b>10</b> Cabbage Roll Wax Beans Roll w/butter Pears	<b>11</b>	<b>12</b> Country Fried Steak Mashed Potatoes Sugar Snap Peas Dinner Roll Peaches Brownie	<b>13</b> Almond Fish Mixed Vegetables Rice Pilaf Mixed Fruit	<b>14</b>
<b>17</b> Macaroni & Cheese w/diced ham Tomato Salad Dinner Roll Fruit Cocktail	<b>18</b>	<b>19</b> Ham Cheesy Potatoes Peas and Pearl Onions Holiday Rolls Apple Crisp	<b>20</b> Beef Tips over Noodles Cooked Carrots Roll Strawberries w/biscuit	<b>21</b>
<b>24</b> CLOSED HOLIDAY	<b>25</b>	<b>26</b> COOK'S CHOICE	<b>27</b> COOK'S CHOICE	<b>28</b>
<b>31</b> CLOSED HOLIDAY				

**To cancel meals or make changes to your Home Delivered Meal pattern please call Cassie Hollenbeck, LDA Nutrition Director, or Jamie Smith, HDM Intake Specialist at 264-5280**

**Suggested Donation is \$3.00 for anyone age 60 and older and \$4.00 for those under age 60 who participate in site meals and \$5.00 per meal for those under 60 who receive home delivered meals**

**Milk is served with every meal**

**To reach the Department on Aging office please call 264-5280 between 8:00 a.m. – 4:30 p.m. Messages can be left during non-business hours**

**Remember to call at least 24 hours in advance if you will not be home to receive your meal.**

**Certified by:**