


# December 2022

## Breakfast menu

| SUN  | MON   | TUES                                   | WED                                      | THUR   | FRI                                    | SAT   |
|--|---|--|--|--|--|---|
| Every Morning:<br>Oatmeal, Cheerios<br>Raisin Bran, Bran<br>Flakes, Special K,<br>Shredded Wheat |  |  |  |  |  | Meat<br>B- Bacon<br>L- Sausage Link<br>P- Sausage Patty |
|  |   |  |  | 1 Cereal<br>Eggs<br>Toast<br>Meat (P)<br>Biscuits & Gravy  | 2 Cereal<br>Eggs<br>Toast<br>Meat (B)  | 3 Cereal<br>Eggs<br>Toast<br>Meat (L)                   |
| 4 Cereal<br>Eggs<br>Toast<br>Meat (B)  | 5 Pancakes<br>Meat (P)  | 6 Cereal<br>Eggs<br>Toast<br>Meat (B)  | 7 Pastries<br>Eggs<br>Toast<br>Meat (L)  | 8 Cereal<br>Eggs<br>Toast<br>Meat (B)<br>Biscuits & Gravy  | 9 Cereal<br>Eggs<br>Toast<br>Meat (P)  | 10 Cereal<br>Eggs<br>Toast<br>Meat (B)                  |
| 11 Cereal<br>Eggs<br>Toast<br>Meat (L)   | 12 Pancakes<br>Meat (B)   | 13 Cereal<br>Eggs<br>Toast<br>Meat (P) | 14 Pastries<br>Eggs<br>Toast<br>Meat (B) | 15 Cereal<br>Eggs<br>Toast<br>Meat (L)                     | 16 Cereal<br>Eggs<br>Toast<br>Meat (B) | 17 Cereal<br>Eggs<br>Toast<br>Meat (P)                  |
| 18 Cereal<br>Eggs<br>Toast<br>Meat (B)   | 19 French Toast<br>Meat (L)   | 20 Cereal<br>Eggs<br>Toast<br>Meat (B) | 21 Pastries<br>Eggs<br>Toast<br>Meat (P) | 22 Cereal<br>Eggs<br>Toast<br>Meat (B)<br>Biscuits & Gravy | 23 Cereal<br>Eggs<br>Toast<br>Meat (L) | 24 Cereal<br>Eggs<br>Toast<br>Meat (B)                  |
| 25 Cereal<br>Eggs<br>Toast<br>Meat (P)   | 26 Pancakes<br>Meat (B)   | 27 Cereal<br>Eggs<br>Toast<br>Meat (L) | 28 Pastries<br>Eggs<br>Toast<br>Meat (B) | 29 Cereal<br>Eggs<br>Toast<br>Meat (P)<br>Biscuits & Gravy | 30 Cereal<br>Eggs<br>Toast<br>Meat (B) | 31 Cereal<br>Eggs<br>Toast<br>Meat (L)                  |

# December 2022

# Lunch/Supper *Menu*

| SUN   | MON   | TUES   | WED   | THUR  | FRI  | SAT   |
|---|---|--|---|---|--|---|
|                  |   | Substitutions by:<br><br>10:00 for Noon Meal<br>3:00 for Supper Meal         |   |   | Chef Salad<br>Hamburger<br>Meat/Chz Sandwich<br>Fried Egg Sandwich<br>Baked Potato |   |
|   |   |  |   | <b>1</b> Sour Cream Chicken<br><br>Chili<br>Beef Salad Sandwich         | <b>2</b> Shrimp<br><br>Minestrone Soup<br>French Toast<br>Sausage                  | <b>3</b> Tater Tot Casserole<br>Chicken<br>Noodle Soup<br>Cold Cut Sandwich |
| <b>4</b> Roast Beef Dinner or Hot Beef Sandwich<br>Cream of Broccoli Soup<br>Grilled Ham & Cheese | <b>5</b> Spaghetti<br><br>Potato Soup<br>Hamburgers<br>Mac & Cheese     | <b>6</b> Indian Tacos<br><br>Beef & Vegetable Soup<br>Chicken Salad Sandwich | <b>7</b> Philly Steak Sandwich<br><br>Tomato Soup<br>Grilled Cheese               | <b>8</b> Beef & Noodles<br><br>Chicken & Rice Soup<br>BLT               | <b>9</b> Fish Fry<br><br>Beef & Barley Soup<br>Chicken Cordon Bleu                 | <b>10</b> Baked Potato Bar<br><br>Chili & Cinnamon Rolls                    |
| <b>11</b> Turkey Dinner<br><br>Minestrone Soup<br>Roast Beef Melt                                 | <b>12</b> Lasagna<br><br>Potato Soup<br>Ham & Cheese Sandwich           | <b>13</b> Pork Chops<br><br>Beef & Rice Soup<br>Chicken Swiss Melt           | <b>14</b> French Dip<br><br>Cream of Broccoli Soup<br>Tuna Casserole<br>Casserole | <b>15</b> Enchiladas<br><br>Chicken<br>Noodle Soup<br>Cold Cut Sandwich | <b>16</b> Crab Cakes<br><br>Beef & Barley Soup<br>Chicken Strips with Biscuits     | <b>17</b> Bacon Cheese Burger<br><br>Potato Soup<br>Mexican Casserole       |
| <b>18</b> Meat & Potatoes<br><br>Cream of Broccoli Soup<br>BLT                                    | <b>19</b> Fried Chicken<br><br>Tomato Soup<br>Grilled Cheese            | <b>20</b> Beef & Rice<br><br>Chicken & Rice Soup<br>Beef Salad Sandwich      | <b>21</b> Pizza & Wings<br><br>Beef & Vegetables<br>Tater Tot Casserole           | <b>22</b> Meatloaf<br><br>Potato Soup<br>Hot Dogs<br>Mac & Cheese       | <b>23</b> Salmon<br><br>Minestrone Soup<br>French Toast<br>Sausage                 | <b>24</b> Pork Chops<br><br>Oyster Stew<br>Smokies/Cheese & Crackers        |
| <b>25</b> Christmas Dinner<br><br>Chili & Cinnamon Rolls  | <b>26</b> Taco Salad<br><br>Cream of Broccoli Soup<br>Cold Cut Sandwich | <b>27</b> Chicken Alfredo<br><br>Beef Barley Soup<br>Fried Egg Sandwich      | <b>28</b> Patty Melt<br><br>Chicken Noodle Soup<br>Drummies<br>Mac & Cheese       | <b>29</b> Chicken Fried Steak<br><br>Tomato Soup<br>Grilled Cheese      | <b>30</b> Tilapia<br><br>Beef Noodle Soup<br>Chicken Salad Sandwich                | <b>31</b> Ribs<br><br>Black-Eyed Pea Soup<br>Meat & Cheese Tray             |