



December 2022 Congregate Meal Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			December 1 Cheese Lasagna Rollup w/ 1oz Shredded Cheese 1c Tossed Salad w/ Tomato 1 Italian Bread Fresh Fruit	December 2 1/2c. Moroccan Beef 1/2c Vegetable Rice 1/2c Oriental Vegetables 1 Wheat Bread 1/2c Mandarin Oranges
December 5 BBQ Pork Ribette 1/2c Hashbrown Cubes 1/2c Green Beans 1 Sandwich Bun 1/2c Pineapple Delight	December 6 Chicken Alfredo 1/2c Noodles 1/2c Broccoli 1 White Bread BIRTHDAY CAKE!	December 7 Cheeseburger w/ Lettuce, Tomato 1/2c. Potato Salad 1 Hamburger Roll Seasonal Fresh Fruit	December 8 Open Faced Turkey Sandwich w/ Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn 1 White Bread	December 9 Salmon Croquette 1/2c Parmesan Garlic Noodles 1/2c Peas 1 Wheat Bread Fresh Fruit
December 12 Burgundy Glazed Meatballs (4) 1/2c Rice 1/2c Roasted Brussel Sprouts 1 Italian Breadstick 1/2c Mandarin Oranges	December 13 Grilled Chicken Salad (2oz Chicken, Cheddar, HB Egg over 1c Mixed Greens) 1/2c Broccoli Salad 1 Dinner Roll 1/2c Peaches	December 14 Pepper Steak w/ 2oz Gravy 1/2c Whipped Potatoes 1/2c Diced Carrots 1 Wheat Bread 1/2c Blushed Pears	December 15 1/2c. Hawaiian Pork Loin 1/2c Buttered Noodles 1/2c Island Blend Vegetables Fresh Seasonal Fruit Cookie	December 16 1/2c. Roast Beef w/ Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables 1 White Bread 1/2c Pudding
December 19 BBQ Chicken Breast 1/2c. Brown Rice 1/2c. Coleslaw Wheat Bread Fresh Orange	HOLIDAY MEAL December 20 Roast Turkey w/ Gravy Homemade Stuffing Whipped Potatoes Sweet Peas & Carrots Dinner Roll Apple Pie	December 21 1/2c. Pot Roast w/ Gravy 1/2c Mashed Potatoes 1/2c Coin Carrots Italian Bread Cookie	December 22 Spaghetti & Meatballs (4) 3/4c Pasta w/ Marinara 1c Tossed Salad w/ Tomato 1 Garlic Breadstick 1/2c Mixed Fruit Salad	December 23 1/2c. Creamy Parmesan Pork Chop 1/2c Diced Redskin Potatoes 1/2c Green Beans 1 Dinner Roll 1/2c Pineapple Tidbits Cookie
	December 26 Stadium Hot Dog 1/2c Cheesy Potatoes 1 Hot Dog Roll 1/2c Pineapple & Mandarin Oranges	December 27 1c. Baked Cabbage Casserole w/ 2oz Tomato Sauce 1/2c Garlic Whipped Potatoes 1/2c Carrots 1 Dinner Roll Fresh Fruit	December 28 Salisbury Steak w/ Gravy Baked Potato w/ Margarine 1/2c Broccoli 1 Wheat Bread 1/2c Gelatin	December 29 1c. Chicken Stew 1/2c. Pepper Slaw Whole Grain Buttermilk Biscuit 1/2c. Warm Peaches

Please call the center at 717-938-4649 or go to www.community.copilot21.com to reserve your meal by 10:30 AM at least one business day in advance.

*** Served daily: 8 ounces milk ~ All meals are subject to change ***