

**Allegany County Office for the Aging Senior Nutrition Program
(585) 268-9390 (Toll Free - 1-866-268-9390)**

December 2021

Monday	Tuesday	Wednesday	Thursday	Friday
11/29 Lemon Lime Salad Turkey Ala King Over WG Biscuit Steamed Carrots Roasted Broccoli Peaches	11/30 Chilled Juice Fish Filet Sandwich On WG Bun Tartar Sauce Parsley Potatoes Brussel Sprouts Coffee Cake	12/1 Strawberry Yogurt Salad Chicken Corn Chowder Quick Bran Bread Tomatoes & Zucchini Tropical Fruit	12/2 Carrot Raisin Salad Swedish Meatballs Buttered Noodles Spinach Lima Beans WG Bread Chocolate Chip Cookie	12/3 Apple Slices Ham & Broccoli Frittata Italian Green Beans WG Bread Pineapple Upside Down Cake
6 Mandarin Oranges Sweet & Sour Pork Brown Rice Stir-Fry Vegetables WG Bread Pineapple	7 Pears Chicken Breast Supreme Over Egg Noodles Harvard Beets WG Roll Brownie	8 Pineapple Juice Meatloaf w/Gravy Mashed Potatoes Corn WG Bread Strawberry Shortcake w/Whipped Topping	9 Coleslaw Cajun Breaded Fish w/Tartar Sauce Brown Rice Louisiana Red Beans WG Roll Fruit Cocktail	10 Cinnamon Applesauce Pasta Primavera Spinach WG Garlic Roll Chocolate Cake w/Peanut Butter Frosting
13 Mixed Fruit Beef Stew Over WG Biscuit Lima Beans Bread Pudding w/Vanilla Sauce	14 Tropical Fruit Scalloped Potatoes & Ham Spinach WG Roll Banana Bread w/Frosting	15 Pickled Beets Tuna Patties w/Dill Sauce Wild Rice Pilaf Peas WG Bread Peaches	16 <u>Christmas Meal</u> Christmas Fruit Salad Stuffed Chicken Breast w/Gravy Glazed Carrots WG Roll Cheesecake w/Cherries	17 Sunshine Salad Goulash Roasted Cauliflower Roasted Broccoli WG Bread Cherry Crisp
20 Fruited Gelatin Salad Chicken & Biscuits Mashed Potatoes Spiced Pears WG Bread Pumpkin Supreme	21 Mandarin Oranges Macaroni & Cheese Stewed Tomatoes California Blend WG Roll Oatmeal Raisin Cookie	22 Juice Cheeseburger Pie Oven Browns Baked Beans WG Bread Blueberry Crisp	23 Chickpea Salad Italian Casserole Green Beans WG Garlic Roll Cinnamon Apple Slice	24 Christmas Eve! No Meals-on-Wheels Or Congregate Sites
27 Pears Spanish Rice Seasoned Black Beans WG Roll Chocolate Chip Cookie	28 Peachy Cottage Cheese Salad Tuna Noodle Casserole Diced Carrots WG Bread Fruit Cocktail	29 Apple Raisin Salad Seasoned Baked Chicken w/Gravy Stuffing Succotash WG Roll	30 <u>New Year's Meal</u> Lemon Lime Salad Roast Pork & Sauerkraut Sour Cream & Chive Potatoes WG Rye Bread Spiced Apples	31 New Year's Eve! No Meals-on-Wheels Or Congregate Sites

