

# ST. CHARLES AREA AGENCY ON AGING • DECEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>Chicken &amp; Sausage Jambalaya</b> Winter Blend Vegetables Candied Sweet Potatoes White Bread Variety Moon Pie 2	<b>Beef Tips w/Brn Rice</b> Spinach Romaine Salad w/Ranch Green Beans w/Peppers Whole Wheat Bread Margarine Fruit & Grain Bar 3	<b>Ham &amp; Lima Beans w/Rice</b> Carrot Raisin Salad Steamed Spinach Cornbread Margarine Grape Juice 4	<b>Turkey Salad Sandwich</b> on Whole Wheat Bread Lettuce & Tomato Fresh Orange Snickerdoodle Bar 5	<b>Seafood Gumbo w/Rice</b> Broccoli & Cauliflower Potato Salad Saltine Crackers Pudding Cup 6	
<b>Chicken Breast Fillet w/Honey Mustard Sc</b> Italian Blend Vegetables Au Gratin Potatoes Whole Wheat Bread Margarine Fresh Orange 9	<b>Hamburger</b> on a Bun Lettuce/Tomato/Pickle Ketchup/Mustard/Mayo Baked Beans Fresh Fruit Chocolate Milk 10	<b><u>BIRTHDAY SPECIAL</u></b> <b>Chicken &amp; Sausage Gumbo w/Rice</b> Okra & Tomatoes Potato Salad Whole Wheat Crackers Bday Cake/Ice Cream11	<b>Ham w/White Beans &amp; Brown Rice</b> Seasoned Turnip Greens Coleslaw Cornbread Margarine LD Fig Bar 12	<b>Beef Taco Salad</b> over Corn Chips Tomato/Lettuce/Cheddar Sour Cream/Taco Sc Pinto Beans Chuckwagon Corn Fresh Banana 13	
<b>Sliced Roasted Turkey w/Gravy</b> Mashed Potatoes Romana Blend Vegt Whole Wheat Bread Margarine LD Pumpkin Delight16	<b><u>BREAKFAST SPECIAL</u></b> <b>Brkfst Sausage or Ham</b> Grits Spiced Apple Slices Orange-Tangerine Juice Biscuit/Jelly/Margarine Fruit & Grain Bar 17	<b>Red Beans &amp; Sausage w/Rice</b> Steamed Spinach Green Garden Salad w/Salad Dressing Cornbread / Margarine Fresh Orange 18	<b>Hot Dog w/Chili</b> on a Wheat Bun Creamed & Whole Corn Coleslaw Pineapple 19	<b><u>CHRISTMAS SPECIAL</u></b> <b>Roast Pork w/Gravy</b> Dirty Rice Fresh Orange Candied Sweet Potatoes White Dinner Roll Pecan Pie 20	
<b>Beef Patty w/ Pepper &amp; Onion Grvy</b> Mashed Potatoes Glazed Carrots White Dinner Roll LD Fudge Round 23	 <p><b>CLOSED FOR THE HOLIDAY</b></p>		<b>Beef Macaroni w/Tomato Sauce</b> Creamed & Whole Kernel Corn Green Beans w/Peppers Whole Wheat Bread LD Star Crunch 26	<b>Chicken Salad Sandwich</b> on Whole Wheat Bread Spinach Salad w/Ranch Fresh Orange Banana Pudding 27	
<b>Chicken &amp; Sausage Jambalaya</b> Winter Blend Vegetables Candied Sweet Potatoes White Bread Variety Moon Pie 30	<b>Beef Tips w/Brn Rice</b> Spinach Romaine Salad w/Ranch Green Beans w/Peppers Whole Wheat Bread Margarine Fruit & Grain Bar 31	All Meals are Served With 1/2 Pint of 2% Milk.			Your Contributions are Greatly Appreciated.  Please Help Your Council on Aging Help Others.