

PREPARED BY Krista Percival, Director/certified to contain 1/3 RDA HEDLEY SENIOR CITIZENS, Hedley, Texas

**SERVED WITH 2% MILK, TEA OR WATER and Served with Wheat Rolls, Wheat Bread or Cornbread**

REVIEWED BY Heidi Elich MS, RDN, LDN CDR # 13835

MONTH: **December** YEAR: **2024**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. Beef Soft Tacos Refried Beans Cilantro Rice Mixed Green Salad Tortilla Chips Pumpkin Mousse	3. Sweet & Sour Meatballs Chinese Fried Rice Egg Rolls Asian Vegetables Mandarin Orange Fluff	4. Chicken Fried Steak Country Gravy Mashed Red Skin Potatoes Breaded Okra Monster Cookies WW Buttermilk Biscuits	5. Beef Pot Roast w/Gravy Baked Potato Broccoli & Carrots Brown Rice Cranberry Crumble WW Roll	6. Fish Sticks French Fries Creamy Coleslaw Layer Bars WW Buttermilk Biscuits
9. Beef Teriyaki Chinese Fried Rice Asian Vegetables Egg Rolls Lime Cottage Cheese Salad	10. Ham and Beans Mixed Greens Brown Rice Cornbread Banana Pudding	11. Chicken Fried Steak Country Gravy Herb Mashed Potatoes California Blend Vegetables Oatmeal Cookies WW Roll	12. Pot Roast w/Gravy Roasted Carrots, Potatoes & Onions Brown Rice Angel Food Cake W/Fruit WW Buttermilk Biscuits	13. Bacon Cheeseburger on W.W. Bun Seasoned Tater Tots Carrot & Raisin Salad No Bake Cookies
16. Cheesy Ham & Hashbrown Casserole California Blend Vegetables Mandarin Orange Gelatin WW Roll	17. Loaded Baked Potato Broccoli Cinnamon Applesauce Chocolate Crinkle Cookies WW Buttermilk Biscuit	18. Chicken Fried Steak Country Gravy Cheesy Mashed Potatoes Spinach and Mushrooms Apple Cranberry Crisp WW Roll	19.. Beef Pot Roast w/Gravy Baked Potato Broccoli & Cheese Sauce Brown Rice Homemade Sugar Cookies WW Buttermilk Biscuits	20.Chicken Strips w/Country Gravy Steak Fries Mixed Green Salad Fruit Parfait Rice Krispie Treat
23. Beef, Bean & Cheese Burrito Tortilla Chips Mixed Green Salad Apricots Chocolate Pudding Parfait	<b>Closed for                      Christmas Eve and                      Christmas Day</b>		<b>Merry                      Christmas!!!!</b>	
30. Asian Sweet Chili Pork Egg Rolls Chinese Fried Rice Asian Vegetables Mandarin Orange/Cottage Cheese Salad No Bake Cookies	31. Meat Pizza Mixed Green Salad Strawberry Pie Bites Fruit Parfait	<b>Happy                      Holidays</b>		
26. Pot Roast w/Gravy Roasted Carrots, Potatoes & Onions Brown Rice Cranberry Fluff WW Buttermilk Biscuit	27. Cold Cut Sandwich Sweet Potato Fries Mixed Green Salad Ambrosia			
