

PENDER ADULT SERVICES MENU - DECEMBER 2022

Monday	Tuesday	Wednesday	Thursday	Friday
Approved by: <i>Kathleen Sedoma, RD, LDN</i>	PLEASE NOTE: Menu substitutions may be made at any time due to food sourcing issues.	Meat - at least 2 oz Casserole - 6 oz Veg/Fruit - 1/2 c Condiments as needed	Chicken and Dumplings Tuscan Blend Vegetables Fruit Cup Biscuit/Margarine 2 % Milk	Vegetable Soup Turkey and Cheese Sandwich Fresh Orange Crackers Nutri Grain Bar 2% Milk
BBQ Pork Chop White Beans Broccoli with Cheese Sauce Pears Roll/Margarine 2 % Milk	Spaghetti with Meat Sauce Green Beans Peaches Bread Stick 2 % Milk	Mango Chicken Rice Pilaf Stir Fry Vegetable Mix Tropical Fruit Mix Biscuit/Margarine 2 % Milk	Beef Patty/Gravy Mashed Potatoes Baby Carrots Fruit of Choice Biscuit/Margarine 2 % Milk	Vegetable Salad with Chicken Strips/Cheese/Dressing Sun Chips Fruit Cup Crackers/Cookie 2 % Milk
Beef and Macaroni Casserole Broccoli Mixed Fruit Biscuit/Margarine 2 % Milk	Italian Sausage with Onions and Peppers Potato Wedges Pineapple Tidbit Cornbread/Margarine 2 % Milk	Fish Sandwich Steak Fries Coleslaw Pears Hushpuppies/Margarine 2 % Milk	Lasagna Caesar Salad/Dressing Tropical Fruit Mix Breadstick/Margarine 2 % Milk	Tomato Bisque Soup Pimento Cheese Sandwich Fresh Orange Oyster Crackers 2 % Milk
Chicken Cordon Bleu Rice Pilaf Tuscan Blend Vegetables Pineapple Tidbits Roll/Margarine 2% Milk	Cheeseburger on Bun Sweet Potato Waffle Fries Green Beans Ambrosia Deluxe Cookie 2% Milk	Creamed Diced Turkey over Noodles California Blend Vegetables Fruit of Choice Biscuit/Margarine 2% Milk	CLOSED FOR HOLIDAY 	CLOSED FOR HOLIDAY
CLOSED FOR HOLIDAY	Hot Dog on Bun Baked Beans Coleslaw Pears NutriGrain Bar 2% Milk	Salisbury Steak Mashed Potatoes/Gravy Beets Tropical Fruit Mix Roll/Margarine 2% Milk	Pork BBQ Sweet Potato Casserole Green Beans Banana Roll 2% Milk	