

Lunch is served at 1:00 pm at the South Middle School on West Silver Street.
Please call the Senior Center at 562-6435 by 10:30am to reserve your spot.



Monday December 2
Homestyle Breaded Chicken Breast
Rice Pilaf
Green Beans
Applesauce
Carton of Low Fat Milk
Snack Loaf
Dried Plums

Tuesday December 3
Pulled Pork Sandwich
on WW Bun
Cole Slaw
Chilled Pears
Carton of Low Fat Milk

Wednesday December 4
Roasted Turkey
With Gravy
Whipped Potatoes
Peas
Fresh Fruit
Carton of Low Fat Milk
WG Dinner Roll

Thursday December 5
Beef Burger (low sodium)
On WW bun
Cheese, Lettuce, Tomatoes, Pickles
Baked Fries
Applesauce
Carton of Low Fat Milk
Snack Loaf

Friday December 6
Salisbury Steak
w/ Gravy
Brown Rice
Broccoli
WG Dinner Roll
Carton of Low Fat Milk
Fresh Fruit

Monday December 9
Yankee Pot Roast
Whipped Potatoes
Green Beans
Snack Loaf
Fresh Fruit
Carton of Low Fat Milk
Dried Plums

Tuesday December 10
Half Day of School
No Meal Service

Wednesday December 11
Macaroni & Cheese
Broccoli
WG Dinner Roll
Fresh Fruit
Carton of Low Fat Milk

Thursday December 12
Roasted Turkey
With Gravy
Rice Pilaf
Carrots
Carton of Low Fat Milk
WG Dinner Roll
Chilled Peaches
Snack Loaf

Friday December 13
Grilled Cheese Sandwich
Tomato Soup
Baked Sweet Potato
Chilled Mixed Fruit
Carton of Low Fat Milk

Monday December 16
Yankee Pot Roast
Whipped Potatoes
Green Beans
Snack Loaf
Fresh Fruit
Carton of Low Fat Milk
Dried Plums

Tuesday December 17
Chicken Ala King
Over Brown Rice
California Blend Veggies
Chilled Peaches
Carton of Low Fat Milk

Wednesday December 18
Shepherd's Pie made with
Beef, Corn and Whipped Potatoes
Roasted Butternut Squash
WG Dinner Roll
Chilled Applesauce
Carton of Low Fat Milk

Thursday December 19
Beef Burger (low sodium)
On WW bun
Cheese, Lettuce, Tomatoes, Pickles
Roasted Broccoli
Chilled Pears
Carton of Low Fat Milk
Snack Loaf

Friday December 20
Roasted Turkey
With Gravy
Whipped Potatoes
Carrots
Carton of Low Fat Milk
Garlic Knot
Fresh Fruit

SERVICE WILL RESUME ON THURSDAY JANUARY 2, 2020