

Clermont Senior Services December 2022 CHOICE menu

	Monday	Tuesday	Wednesday	Thursday	Friday
BOX				1	2
LUNCH	 <p>Complete meal consists of at least: 2 oz. Protein, 1 cup of Vegetables, 1/2 cup of Fruit or Juice, 2 servings of Grains, and 8 oz. Milk (1/2 pint)</p>	 <p>In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discrimination on the basis of race, color, national origin, sex, age, or disability. (Not all prohibited bases apply to all programs) To file a complaint of discrimination write USDA, Director Office of Civil Rights Room 326-W Whitten Building, 1400 Independence Ave, S.W. Washington, D.C. 20250-9410 or call (202)720-5964 (voice and TDD) USDA is an equal opportunity provider and employer</p>	 <p>Season's Greetings</p>	 <p>Lemon Pepper Fish - 9033 w/ Tartar Sauce (ch b) chicken tenders ch7009 Brown Rice Scandinavian Veggies (2 servings) Wheat Bread / Margarine Pineapple Tidbits Diet: same</p>	<p>BBQ Beef - 9051 (ch b) grilled chicken brst ch7026 Peas & Onions Potato Wedges Bun Peaches Diet: same</p>
WEEK					
2	5	6	7	8	9
LUNCH	<p>Steak Hoagie w/ Gravy - 9302 (ch b) pork cutlet w/ gravy ch7034 Potato Wedges Baked Beans Hoagie Bun Fresh Orange Diet: same</p>	<p>Chicken & Potato Casserole - 9315 (ch b) roast beef & gravy ch7025 Broccoli (2 servings) Wheat Bread (2 slices) Margarine Apple Juice 100% Diet: same</p>	 <p>Salisbury Steak w/Gravy - 9029 (ch b) chicken tenders ch7009 Whipped Sweet Potatoes Mixed Vegetables Wheat Bread (2 slices) Margarine Pears Diet: same</p>	<p>Baked Chicken w/ Gravy - 9075 (ch b) roast turkey w/gravy ch7003 Herb Dressing Broccoli Cauliflower Wheat Bread / Margarine Pineapple-Orange Juice 100% Diet: same</p>	<p>Spaghetti & Meatballs - 9035 w/ Marinara & Parmesan (ch b) turkey tetrazzini ch7062 Italian Vegetables Spinach / Vinegar Fruit Cocktail Diet: same</p>
WEEK					
3	12	13	14	15	16
LUNCH	 <p>Meatloaf w/ Gravy - 9072 (ch b) roast turkey w/ gravy ch7003 Mashed Potatoes Carrots Wheat Bread (2 slices) Margarine Orange Juice 100% Diet: same</p>	<p>Fish Sticks w/ Tartar Sauce - 9028 (ch b) macaroni & cheese ch7065 Peas Potato Wedges Wheat Bread (2 slices) Margarine Pears Diet: same</p>	<p>Pork Cutlet w/Gravy - 9003 (ch b) chicken w/gravy ch7008 Green Beans Beets Wheat Bread (2 slices) Margarine Peaches Diet: same</p>	<p>Hamburger - 9071 (ch b) sliced deli ham ch7005 w/ Swiss American Cheese slice Potato Wedges Broccoli Bun Pineapple Tidbits Mustard / Ketchup Diet: same</p>	<p>Happy December Birthday! Swedish Meatballs - 9053 (ch b) chicken & gravy ch7037 Egg Noodles Broccoli Carrots Fruit Punch 100% Chocolate Chip Cookie Diet: same</p> 
WEEK					
4	19	20	21	22	23
LUNCH	 <p>Grilled Chicken w/ BBQ Sauce - 9049 (ch b) hamburger ch7006 Green Beans Yellow Squash Bun Peaches Diet: same</p>	<p>Italian Chicken - 9042 w/ No Salt Added Marinara Spaghetti (ch b) grilled cheese sandwich ch7063 Italian Vegetables Peas Cinnamon Applesauce Diet: same</p>	 <p>CHRISTMAS CELEBRATION Cherry Glazed Ham - 9094X (ch b) chicken w cherry glaze ch7013 Whipped Sweet Potatoes Peas Dinner Roll / Margarine Fruit Cocktail Mini Chocolate Éclairs (2 ea) Diet: Sponge Cake</p>	<p>Cinci-Style Chili - 9112 (ch b) chicken alfredo ch7067 w/ Spaghetti Kidney Beans Broccoli Grape Juice 100% Cheddar Cheese Oyster Crackers Diet: same</p>	 <p>Closed for Holidays</p>
WEEK					
5	26	27	28	29	30
LUNCH	 <p>Merry Christmas</p>	<p>Country Fried Steak w/ Gravy - 9063 (ch b) grilled chicken brst ch7026 Potato Wedges Green Beans Wheat Bread (2 slices) Margarine Fruit Cocktail Diet: same</p>	 <p>Chicken Alfredo over Spaghetti - 9065 (ch b) salmon croquette ch7050 Broccoli Carrots Baked Cinnamon Apples 1 Wheat Bread / Margarine (ch b only) Diet: same</p>	<p>Beef Burrito - 9113 (ch b) chicken tenders ch7009 Corn Zucchini Salsa Peaches 2 Wheat Bread / Margarine (ch b only) Diet: same</p>	<p>Chicken and Brown Rice w/ Gravy - 9023 (ch b) beef & rice w/gravy ch7041 Broccoli Diced Carrots Wheat Bread / Margarine Pears Diet: same</p> 
WEEK					
6					