

# SERVING SIZES

Grains – 2 ounces

Vegetables – ½ cup

Fruits – ½ cup

Protein – 3 ounces

Dairy – 1 cup

# December 2025

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

1 Tuscan white bean soup Shepards pie (peas carrots, corn) Mashed potato Fresh Fruit	2 Mushroom barley soup Creamy Dijon chicken Green beans Sweet potatoes Sliced melon	3 Lentil vegetable soup Meatball sandwich 3-bean salad Roasted potato Fresh fruit	4 Tomato soup Meatloaf w/ gravy Sweet potatoes Cauliflower & Broccoli mix Fruit cocktail	5 Chicken soup Pub burger w/ cheese Cole slaw Corn ribs Sliced Peaches
8 Escarole & bean soup Baked chicken topped w/ Eggplant Bolognese Roasted vegetable Fruit cocktail	9 Minestrone soup Baked Ziti w/ Meatball, spinach & cheese Roasted carrots Sliced pears	10 Vegetable soup Pork roast w/ gravy Mixed vegetables Spanish rice Sliced peaches	11 Chicken soup Salisbury steak w/gravy Kale Mashed potatoes Fresh Fruit	12 Broccoli & cheese soup Chicken cacciatore Rice pilaf Peas & carrots Sliced apples
15 Kale & chickpea soup Greek style chicken thigh Golden rice pilaf Mixed vegetables Tropical fruit	16 Irish vegetable soup Meatball sandwich Broccoli florets Sliced peaches	17 Meatball soup Sloppy joe sandwich Roasted potatoes Green beans Sliced Apples	18 Italian wedding soup Chicken cordon bleu Brussel sprouts Mashed potatoes Sliced Pears	19 Navy bean soup Lasagna roll up w/ meat sauce Roasted zucchini mix Garlic bread Peaches
22 Vegetable soup Oven roasted chicken Spanish rice Tomato corn salsa Tropical Fruit	23 Chicken soup Swedish meatballs Mashed potatoes Capri vegetables Sliced pears	24 Orange juice Scrambled eggs Home fries Bacon Sliced Apples	25 <b>Closed for Christmas</b>	26 <b>Closed for Christmas Holiday</b>
29 Vegetable barley soup Sausage & pepper sandwich 3-bean salad Greek salad Tropical Fruit	30 Chicken & rice soup Chicken marsala Rice pilaf Baby carrots Sliced fruit	31 Orange juice Scrambled eggs Potatoes O'Brien Sliced ham		WW=Whole Wheat Bread & Milk Served Daily