




Hanna Senior Center 307-325-9232 please call by 8:30 A.M for meals

Non seniors are required to call

<p>DECEMBER 2017</p> 					<p>FRIDAY 1 Cheeseburger/bun Onion/lettuce/tom./pickle French Fries Mixed Vegetables Pineapple Tidbits Milk</p>	<p>SATURDAY 2</p>
<p>Recommended Serving Sizes 3 oz. meat ½ cup of vegetables ½ cup of fruit 2 servings of bread or complex carbohydrate 1 cup of 2% milk</p>	<p>MONDAY 4 Meatloaf O'Brien Potatoes Asparagus Wheat Roll Fruit Cocktail Milk</p>	<p>TUESDAY 5 Ham & Beans Cole Slaw Cornbread Peaches Ice Cream Milk BINGO</p>	<p>WEDNESDAY 6 Chicken Fried Steak Mash. Pot./gravy Green Beans Wheat Roll Apricots Milk</p>	<p>THURSDAY 7 Crab Cakes Macaroni/cheese Wheat Bread Brussels Sprouts Mandarin Oranges Milk</p>	<p>FRIDAY 8 Chicken Enchilada Spanish Rice Zucchini Cherries Brownie Milk</p>	<p>SATURDAY 9</p>
<p>Birthdays 17th. Eva West 21st. James Hughes</p>	<p>MONDAY 11 Beef Stroganoff Noodles Steamed Carrots Wheat Bread Strawberries Milk</p>	<p>TUESDAY 12 Chicken A La King Biscuits Beets Pears Pudding Milk Health checks</p>	<p>WEDNESDAY 13 Chili Cheese/Onion Tossed Salad Applesauce Cinnamon Roll Milk</p>	<p>THURSDAY 14 Sweet/Sour Pork Steamed Rice Oriental Vegetable Egg Roll Purple Plums Milk</p>	<p>FRIDAY 15 Roast Beef Mash. Pot./gravy Mixed Vegetables Wheat Roll Peaches Carrot Cake Milk Evening meal</p>	<p>SATURDAY 16</p>
	<p>MONDAY 18 Beef Wellington Oven Potatoes Broccoli Wheat Bread Mandarin Oranges Milk</p>	<p>TUESDAY 19 Pork Roast Mash. Pot./gravy Spinach Wheat Roll Applesauce Milk BINGO</p>	<p>WEDNESDAY 20 Lasagna Tossed Salad Garlic Bread Citrus Fruit Cookie Milk</p>	<p>THURSDAY 21 Vegetable Soup Turkey Sandwich Lettuce, tomato, pickle Pineapple Tidbits Pumpkin Bar Milk</p>	<p>FRIDAY 22 Oven Chicken Mash. Pot./Gravy Squash Blend Wheat Roll Strawberries Milk</p>	<p>SATURDAY 23</p>
<p>Christmas</p> 	<p>Christmas Holiday Closed</p> 	<p>TUESDAY 26 Sloppy Jo Tater Tots Peas/Carrots Apricots Milk</p>	<p>WEDNESDAY 27 Grilled Chicken Sand. Pasta Salad Green Beans Wheat Bread Cherry Crisp Milk</p>	<p>THURSDAY 28 Baked Fish Wild Rice Blend Stewed Tomatoes Wheat Roll Fruit Cup Milk</p>	<p>FRIDAY 29 Beef Stew Tossed Salad Cheese/Onion Roll Fruited Jell-O Whipped Topping Milk</p>	