


MIZELL SENIOR CENTER
DECEMBER 2017 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
 = High Sodium Day HAPPY HOLIDAYS!				1 Baked Cod Garden Rice Carrots Wheat Roll Milk
4  Chicken Tamale Pie Green Beans Churros Orange, Milk	5 Hamburger Lettuce & Tomato Tater Tots Coleslaw Apple, Milk	6 Chicken Parmesan Fettuccini Cauliflower Blend Wheat Roll Banana, Milk	7 Salisbury Steak Mashed Potatoes Gravy Mixed Vegetables Diced Peaches, Milk	8 Tuna Casserole w/Noodles Mixed Vegetables Wheat Roll Milk
11 Beef Lasagna Italian Vegetables Wheat Roll Orange, Milk	12 BBQ Chicken Creamed Spinach Western Corn Wheat Roll Apple Sauce, Milk	13 Beef & Cheese Enchilada Tomato, Zucchini Aztec Rice Diced Peaches, Milk	14 Baked Ziti w/Italian Sausage Broccoli Wheat Roll Banana, Milk	15 Herb Baked Cod Rice Pilaf Vegetable Blend Wheat Roll Milk
18 Chili Colorado - Beef Carrots, Rice Corn Bread Banana, Milk	19 Chicken Cacciatore Penne Pasta Lima Beans, Garlic Bread Apple Sauce, Milk	20 Sloppy Joe - Beef Coleslaw Wheat Bun Tater Tots Diced Peaches, Milk	21 Asian Chicken Stir Fried Veggies Noodles Hawaiian Roll Orange, Milk	22  Baked Ham w/Pineapple Scalloped Potato Vegetable Blend Wheat Roll Milk
25 Closed 	26  All Beef Hot Dog Mild Chili Beans Whole Wheat Bd. Broccoli Salad Diced Peaches, Milk	27 Chicken & Rice Casserole Mixed Green Salad Wheat Roll Banana, Milk	28 Grilled Salmon Rice Pilaf Broccoli Wheat Roll Milk, Apple Sauce	29  Chicken Cordon Bleu Hollandaise Sauce Egg Noodles Peas, Dinner Roll Milk