


**MIZELL SENIOR CENTER**  
**DECEMBER 2017 MENU**

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