




MIZELL SENIOR CENTER MENU DECEMBER 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 ▲ Chicken Pot Pie Green Beans Cookie	4 Andouille Sausage Red Beans Rice Corn Muffin	5 Chicken Parmesan Fettuccini Pasta Cauliflower Blend Wheat Roll	6 Salisbury Steak Mashed Potatoes W/Gravy Mixed Vegetables Wheat Roll	7 Baked Cod Garden Rice Carrots Wheat Roll
10 Beef Lasagna Italian Vegetables Wheat Roll	11 BBQ Chicken Creamed Spinach Western Corn Wheat Roll	12 Chicken Enchilada Aztec Rice Roasted Vegetables	13 Baked Ziti with Italian Sausage Green Beans Wheat Roll	14 ▲ Blackened Chicken Alfredo Sauce Farfalle Pasta, Broccoli Wheat Roll
17 Chili Colorado - Beef Rice Carrots Corn Bread	18 Chicken Cacciatore Penne Pasta Lima Beans, Garlic Bread	19 ▲ Sloppy Joe - Beef Wheat Bun Coleslaw Tater Tots	20 Asian Chicken Stir Fried Veggies Wheat Noodles Hawaiian Roll	21 Meat Loaf Mashed Potatoes W/Gravy Vegetable Blend Wheat Roll
24 ▲ Baked Ham W/Pineapple Scalloped Potato Vegetable Blend Wheat Roll	25 CLOSED 	26 Chicken & Rice Casserole Mixed Green Salad Wheat Roll	27 Grilled Salmon Rice Pilaf Broccoli Wheat Roll	28 Herb Roasted Chicken Scalloped Potato Vegetable Blend Wheat Roll
31 ▲ Chicken Cordon Bleu Hollandaise Sauce Egg Noodles, Peas Dinner Roll	▲ High Sodium Day 