

December 2019

Monday	Tuesday	Wednesday	Thursday	Friday
12/2 Swedish Meatballs Egg Noodles Spinach Mandarin Oranges	12/3 Stir Fry Chicken Asian Noodles Cabbage Pineapple Tidbits	12/4 Chili Con Carne Corn Bread Mixed Vegetables Bananas	12/5 Cajon Tilapia Rice Pilaf Broccoli Diced Pears	12/6 Turkey & Provolone Sandwich Side Salad Corn Chips Fresh Orange
12/9 Cheese Enchiladas Spanish Rice Southwestern Vegetables Tropical Fruit	12/10 Baked Ham New Potatoes Brussel Sprouts Pineapple Tidbits	12/11 Herbed Chicken Brown Rice Capri Blend Vegetables Apricot Halves	12/12 <i>Christmas Meal</i> Roast Beef Mashed Potatoes Green Beans Apple Pie	12/13 Chef Salad with Turkey, Ham & Cheese Hard Boiled Egg Mixed Fruit
12/16 Salisbury Steak Mashed Potatoes Green Peas Mixed Fruit	12/17 Tuna Salad Sandwich Hard Boiled Egg Side Salad Fresh Apple	12/18 BBQ Beef Sandwich Corn Chips Coleslaw Diced Peaches	12/19 Turkey Cutlet Mashed Potatoes Capri Blend Vegetables Fruit Cocktail	12/20 Pork Chili Verde Brown Rice Southwest Vegetable Medley Diced Peaches
12/23 Mary Phillips Senior Center CLOSED	12/24 Mary Phillips Senior Center CLOSED	12/25 Closed 	12/26 Country Fried Steak Mashed Potatoes Broccoli Spears Applesauce	12/27 Chicken Caesar Salad Hard Boiled Egg Wheat Roll Fresh Orange
12/30 Lemon Pepper Chicken Rice Pilaf Green Beans Tropical Fruit	12/31 Meatloaf Mashed Potatoes Peas Applesauce	1/1 Closed 		

Milk, bread and margarine served at every meal

Menus may be subject to change

If you have any question regarding the meal or service, please contact **Sodexo at 951-827-3613**.

If you have any questions for our Registered Dietitian, please contact Vanh Bender at Vanh@healthylivingconsulting.net.

All Meals Funded By Office On Aging 1-800-510-2020

Congregate Site Reservations may be made at Sodexo Main Office: 951-827-3613 by 2pm the business day before

Temecula	951-694-6464	Murrieta	951-461-6123	Goeske	951-351-8801	Mead Valley	951-210-1580
Villegas	951-351-6142	Lake Elsinore	951-674-2526	Good Hope	951-943-9126		
Stratton	951-826-5355	Norco	951-270-5638				