



December Menu 2011

Site: Rapid City



			Meatloaf ½ CS Parsley potatoes 1 CS Baked squash 1 CS Apple 1 CS Pudding w/ topping 1CS	1	Lemon Baked Fish Company potatoes 1 ½ CS Stewed tomatoes Tropical fruit 1 CS	2
5 Spaghetti w/meat sauce 2CS Peas 1 CS Tossed salad w/ dressing French bread 1 CS Peaches 1 CS	6 Turkey & Noodles 2 CS Seasoned spinach Fruity slaw ½ CS Pears 1 CS	7 French Dip Sandwich 2 CS Potato salad 1 ½ CS Grape juice 1 ½ CS Banana 2 CS Vanilla ice cream 1 CS	8 Salisbury Steak in gravy ½ CS Baked brown rice 1 ½ CS Steamed cabbage Parsley carrots ½ CS Apricots 1 CS		9 Polish Sausage 3 CS Sauerkraut Mashed potatoes 1 CS Peas 1 CS Orange 1 CS	
12 Baked Chicken ½ CS Creamed potatoes 1 CS Baked squash 1 CS Fresh fruit 1 CS	HAPPY BIRTHDAY 13 Beef Stew 1 ½ CS Whole wheat dinner roll 1 CS Pineapple tidbits 1 CS Cranberry juice cocktail 1 CS Cake 2 CS	14 Mac & Cheese 3 CS Stewed tomatoes Banana 2 CS Butterscotch pudding w/ topping 1 CS	CHRISTMAS DINNER 15 Baked Ham Mashed potatoes w/ gravy 1 CS Glazed carrots Pistachio salad Cheesecake		16 Hot Beef on wh. grain bread 1CS Mashed potatoes w/ gravy 1 CS Corn broccoli bake 1 CS Peaches 1 CS Vanilla ice cream 1 CS	
19 Beef & Noodles 1 ½ CS Tossed salad w/ dressing Parsley carrots ½ CS Orange	20 Chili Marinated veg. salad ½ CS Whole wheat crackers 1 CS Cooked apples 1 ½ CS	21 Chicken Alfredo 2 CS Italian vegetables Grape juice 1 ½ CS Peach crisp 1 ½ CS	22 Roast Turkey Baked sweet potatoes 2 CS Green beans Cranberry sauce 1 CS Fresh fruit 1 CS		23 Meatloaf ½ CS Baked potato w/ sour cream 1 CS Lima beans w/ pimento 1 CS Pineapple tidbits 1 CS Whole wheat dinner roll 1 CS	
26 Merry Christmas No Meals	27 Pork Chops w/ celery sauce Baked brown rice 1 ½ CS Broccoli Cranberry sauce 1 CS Fruit cocktail 1 CS	28 Sausage Gravy on biscuit 2 CS Green beans Squash Red jello w/ fruit	29 Roast Beef Mashed potatoes w/ gravy 1 CS Harvest beets 1 CS Peach crisp 1 ½ CS		30 Hungarian Goulash 3 CS Corn O'Brein 1 CS Lime jello w/man. oranges 1/2CS Oatmeal fruit muffin 2 CS	

Menu subject to change without notice

*All meals include 8 oz. 1% milk (1 CS)
Choice of 1-2 bread / grain servings (1 – 2 CS)
Carb Servings = (CS) (1 = 15 grams Carbohydrate)
Marked for diabetic diets
**All canned fruit is in light syrup
**Fat free dressing is served with salad

FOR RESERVATIONS OR CANCELLATION

PLEASE CALL
The Meals Program – 394-6002
24 HRS. IN ADVANCE
Please leave your name, where you eat
and what day