



December 2019



2 – Monday	3 – Tuesday	4 – Wednesday National Cookie Day	5 – Thursday	6 – Friday
<p>*Brat on White Bun Stewed Tomatoes Green Beans Fruit Cocktail Apple Crisp</p> <p>MO: Veggie Dog NCS: Spiced Apples</p>	<p>BBQ Chicken Breast Baked Sweet Potato Whole Wheat Bread Tropical Fruit Sherbet</p> <p>MO: BBQ Veggie Chick'n NCS: SF Ice Cream</p>	<p>*Ham & Potato Casserole California Blend Banana Frosted Churro Cake </p> <p>MO: Veggie Potato Casserole NCS: SF Pudding</p>	<p>Stuffed Pepper Soup Mixed Greens Warm Spiced Apple Slices</p> <p>MO: Veggie Stuffed Pepper Soup NCS: N/A</p>	<p>Enchilada Casserole Spanish Rice Pinto Beans Mandarin Oranges Pie</p> <p>MO: Bean/Cheese Burrito NCS: SF Pudding</p>
9 – Monday	10 – Tuesday Human Rights Day	11 – Wednesday	12 – Thursday	13 – Friday
<p>Rustic Tomato Bean Soup Broccoli Dinner Roll Fruit cup Cookie</p> <p>MO: Veggie Tomato Bean Soup NCS: SF Cookie</p>	<p>Chicken Strips w/BBQ Sauce Roasted Brussel Sprouts Coleslaw Fruit Cup Jell-O </p> <p>MO: Black Bean Burger NCS: SF Jell-O</p>	<p>Baked Mostaccioli Garlic Bread Stick Mixed Greens Green Beans Tropical Fruit Sherbet</p> <p>MO: Veggie Mostaccioli NCS: SF Ice Cream</p>	<p>Tuna Casserole Roasted Baby Carrots Pickled Beets Banana Cake</p> <p>MO: Black Bean Burger NCS: SF Cookie</p>	<p>Turkey in Gravy Rice Pilaf Creamed Corn Cranberry Sauce Fruit Cocktail Brownie</p> <p>MO: Veggie Chicken in Gravy NCS: SF Pudding</p>
16 – Monday	17 – Tuesday	18 – Wednesday	19 – Thursday	20 – Friday Holiday Feast
<p>Taco Pasta Casserole Broccoli Cauliflower Pineapple Peach Crisp</p> <p>MO: Red Beans & Rice NCS: Spiced Peaches</p>	<p>Chicken Sandwich on Whole Wheat Bun Cheesy Potatoes 4 Bean Salad OJ Carton Cake</p> <p>MO: Garden Burger NCS: SF Cookie</p>	<p>*Meatballs in Gravy Mashed Potatoes California Blend Spiced Applesauce Ice Cream</p> <p>MO: Veggie Meatballs NCS: SF Ice Cream</p>	<p>Tuna Salad Sandwich on Whole Wheat Tomato Soup Fruit Cup Cake</p> <p>MO: Egg Salad Sandwich NCS: SF Jell-O</p>	<p>*Ham Baked Sweet Potato Green Bean Casserole Pineapple Pie </p> <p>MO: Multigrain Burger NCS: SF Pie</p>
23 – Monday	24 – Tuesday Christmas Eve	25 – Wednesday Christmas Day	26 – Thursday	27 – Friday
<p>Sloppy Joe on Bun Kidney Bean Salad Mixed Vegetable Peaches Cake</p> <p>MO: Chickpea Sloppy Joe NCS: SF Jell-O</p>	<p>SENIOR CENTER CLOSED </p>	<p>SENIOR CENTER CLOSED </p>	<p>Honey Baked Chicken Broccoli Yams Dinner Roll Tropical Fruit Cheesecake Brownie</p> <p>MO: Hummus Wrap NCS: SF Pudding</p>	<p>Meat Sauce Spaghetti Noodles Wax beans Mixed Green Salad Spiced Pears Bars</p> <p>MO: Marinara Sauce NCS: SF Cookie</p>
30 – Monday	31 – Tuesday New Year's Eve	<p>Meals provided by: DANE COUNTY CONSOLIDATED FOOD SERVICES DIVISION</p> <p>All menu items are prepared in kitchens that are not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact. No substitutions allowed.</p> <p>* = contains pork MO = meatless option NCS = no concentrated sugar SF = sugar free</p>		
<p>Lemon Baked Fish Baked Potato Whole Wheat Bread Fruit Cocktail Cookie</p> <p>MO: Veggie Wrap NCS: SF Cookie</p>	<p>SENIOR CENTER CLOSED </p>			

Salad Options for December 2019



December 6

Tuna Salad Salad

Mixed greens topped with tuna salad, tomato, and cucumber.

Dressing: None

Meal items included: Mandarin oranges, chocolate cream pie

December 13

Beef Taco Salad

Shredded lettuce topped with seasoned ground beef, diced tomatoes, cheese, salsa, black olives, sour cream and tortilla strips.

Dressing: None

Meal items included: fruit cocktail, Peanut butter frosted brownie

December 20

Chicken Cranberry Bacon Bleu Salad

Mixed greens topped with diced chicken, bacon crumble, dried cranberries and bleu cheese crumbles.

Dressing: Balsamic Vinaigrette

Meal items included: pineapple, cherry pie

December 27

7 Layer Salad

Shredded lettuce topped with peas, celery, onion, mayo, shredded cheese, bacon and eggs.

Dressing: None

Meal items included: spiced pears, cookie bars