


All meals include milk.

THE OLDER AMERICANS ACT NUTRITION PROGRAM – Please give whatever you can; help us help others.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken Noodle Soup w/ Carrots & Celery Ham Salad Sandwich Salad Greens w/ Beets Fruit Wheat Crackers	3 Salisbury Steak w/ Gravy Mashed Potatoes Candy Carrots Whole Wheat Roll Fresh Fruit	4 Spaghetti w/ Meat Sauce Garlic Wheat Bread Green Beans Jell-O w/ Fruit Dessert	5 Fish Sticks Hush Puppies Brussel Sprouts Carrot & Celery Sticks w/ Dip Applesauce	6 BBQ Chicken Breast Au Gratin Potatoes Pea Salad Biscuit Tropical Fruit Cookie
9 Cheese Pizza Italian Veggies Salad Greens w/ Diced Ham Cottage Cheese Fruit Cocktail	10 Cheeseburger w/ Lettuce & Tomato Potato Wedges Baked Beans Pears Pudding	11 Meatballs w/ Sauce Whole Wheat Bread Boiled Potatoes Broccoli Fruit Juice	12 Sweet & Sour Chicken w/ Brown Rice Baked Zucchini Salad w/ Tomatoes Fruit	13 BBQ Riblets Mac & Cheese Spinach Whole Wheat Bread Fruit Cake
16 Philly Cheesesteak w/ Peppers & Onions Tater Tots Mixed Veggies Banana	17 Chicken Breast w/ Gravy Biscuit Parsley Potatoes Cooked Carrots Fruit	18 Taco Salad w/ Chili, Cheese, Refried Beans, Brown Rice, Mexican Corn, Tomatoes Cornbread Tortilla Chips Fruit	19 Christmas Lunch Baked Ham w/ Pineapples Sweet Potatoes Green Beans Whole Wheat Roll Carrot Raisin Salad Pecan Pie TC	20 Beef Stew w/ Veggies Grilled Cheese Sandwich Celery & Carrot Sticks w/ Dip Baked Apples Wheat Crackers
23 Chicken Sandwich w/ Lettuce & Tomato Baby Baker Potatoes California Blend Veggies Yogurt w/ Fruit	24 <p style="text-align: center;">CLOSED NO MEAL SERVICES CHRISTMAS EVE</p>	25 <p style="text-align: center;">CLOSED NO MEAL SERVICES MERRY CHRISTMAS!</p>	26 Sloppy Joe w/ Cheese Pinto Beans w/ Brown Rice Peas & Corn Apple Cranberry/Orange Cookie	27 Potato Soup w/ Cheese Chicken Salad Sandwich Cooked Carrots Cottage Cheese Peach Crisp
30 Hobo Beans Stewed Tomatoes Cauliflower Cornbread Fruit Juice Honey Bun	31 Tuna Salad Sandwich Potato Salad Cherry Tomatoes Yogurt Fruit	NOTE: Please call the Romney Senior Center for any home delivered meal questions or concerns		

If schools are closed due to road conditions, senior centers and meal services are closed. If schools are on a 2 hour delay, we will be open.

If schools are dismissing early, we will be closed. You will be provided a frozen meal for the days we are closed.

MENU IS SUBJECT TO CHANGE