

# DECEMBER 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 STUFFED PEPPER MASHED POTATO WHOLE BABY CARROTS ICE CREAM	3 CHICKEN FLORENTINE RICE PILAF GREEN BEANS CITRUS FRUIT	4 BEEF STROGANOFF NOODLES WINTER BLEND BUTTERSCOTCH PUDDING	5 TILAPIA SWEET POTATO SPINACH APPLE	6 CHEESE ROTELLI W/TOMATO SAUCE TOSSED SALAD W/DRESSING APPLESAUCE
9 ESTUARY BURGER ON WW BUN MIXED VEG. MANDARIN ORANGES	10 FISH AND CHIPS COLE SLAW BANANA	11 CHICKEN CEASAR SALAD W/TOMATO AND CHEESE WW ROLL JELL-O	12 SPAGHETTI W MEATBALLS TOSSED SALAD W DRESSING CAKE W/FROSTING	13 COWBOY CASSEROLE BISCUIT CAULIFLOWER PEACHES
16 MANICOTTI W/ TOMATO SAUCE ITALIAN BLEND SHERBET	17 SALISBURY STEAK W/GRAVY MASHED POTATO ZUCCHINI COOKIES	18 CHICKEN CACCIATORE WILD RICE PEAS AND CARROTS FRUIT COCKTAIL	19 SLOPPY JOE ON BUN BROCCOLI VANILLA PUDDING	20 CHRISTMAS DINNER ROAST PORK W/GRAVY ROAST POTATO GREEN BEANS LEMON MERINGUE PIE
23 CHICKEN TERAYKI RICE PILAF ORIENTAL BLEND CRUSHED PINEAPPLE	24 CHRISTMAS EVE HAPPY HEALTHY HOLIDAYS  CLOSED	25 CHRISTMAS DAY HAPPY HEALTHY HOLIDAYS  CLOSED	26 AMERICAN CHOP SUEY GREEN BEANS PEARS	27 NEW YEARS STUFFED CHICKEN BREAST W/GRAVY CRAN SAUCE MASHED POTATO PEAS AND CARROTS APPLESAUCE
30 BAKED FISH OF THE DAY MASH POTATO BEETS PEACHES	31 SWEDISH MEATBALLS NOODLES BRUSSEL SPROUTS BROWNIES	(Menu subject to change without notice)	Meals are supported by <u>Senior Resources Agency on</u> <u>Aging</u> with Title III funds available under the Older Americans Act	Lunch Cost: Age 60+, \$3.00 Suggested donation. Unde Age 60, \$12.51

CHESTER – 29 West Main Street    CLINTON – 54 East Main Street    OLD SAYBROOK – 220 Main Street    OLD LYME – 26 Town Woods Road  
 WESTBROOK – Westbrook Town Hall, Senior Center, 866 Boston Post Road, **THURSDAYS ONLY**  
**RESERVATIONS AND CANCELLATIONS NEED TO BE MADE 24 HRS IN ADVANCE BY CALLING THE ESTUARY OFFICE AT 388-1611 BEFORE 11:00A.M.**  
**THIS MENU MEETS 1/3 RDA AND CONFORMS TO U.S. DIETARY GUIDELINES – CERTIFIED BY NANCY EASTWOOD, RD**

8 oz. – 1% milk

Multi-grain breads are served with each meal unless noted above

Condiments are served as posted