

**DECEMBER 2010**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Cheese Lasagna Rollettes Tossed Salad Pears  1 pm Hand & Foot (weekly)	2 Baked Fish of the Day Baked Potato Stewed tomato Banana  8:45 am Nutritionist Meeting	3 Pot Roast w/gravy Roasted Potatoes Mixed Vegetables Brownies  1 pm Mah Jongg (weekly)
6 Salisbury Steak Mashed Potato Broccoli Ice Cream  12:30 Quilt Club (weekly)	7 Lemon Pepper Fish Rice Pilaf Carrots Apple	8 Chicken Caesar Salad tomato & cheese Whole Wheat Roll Crushed Pineapple	9 Spaghetti & Meatballs Tossed Salad Cookies  Free Health Screenings at United Church in Chester	10 Beef Stroganoff Egg Noodles Peas & Carrots Mandarin Oranges  5 pm Marshview Gallery Artist Reception
13 Chicken Teriyaki Wild Rice Oriental Blend Veg. Butterscotch Pudding	14 American Chop Suey Green Beans Applesauce  12:35 pm Holiday Stress help from Dr. Houghton	15 Baked Stuffed Fish Sweet Potato Spinach Banana  1 pm Book Chats	16 Turkey Pot Pie w/potato & veg. Biscuit Citrus Fruit  Reserve for Holiday luncheon by 11 am today!!!!	17 Macaroni & Cheese Stewed Tomatoes Spice Cake w/frosting
20 Estuary Burger on a roll Cole Slaw Peaches  1 pm Computer Club (weekly)	21 Tilapia Mashed Potato Beets Orange  Remember breakfast is served Monday - Saturday Call for hours!	22 Vegetable Soup Turkey Sandwich Lemon Pudding	23 <u>Holiday Luncheon</u> Roast Pork w/gravy Roasted Potatoes Green Beans Lemon Meringue Pie  Must reserve by 11 am on December 16!!!!	24 Christmas Day Holiday  Closed
27 Christmas Day Holiday  Closed	28 Manicotti w/sauce Zucchini Sherbet	29 Chicken Florentine Brown Rice Broccoli Pears	30 Beef Stew w/potato & veg Fruited Jell-o	31 New Year's Eve Holiday  Closed