

ST. CHARLES AREA AGENCY ON AGING • DECEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken & Sausage Jambalaya Winter Blend Vegetables Candied Sweet Potatoes White Bread Variety Moon Pie 3	Beef Vegetable Stew Brown Rice Whole Kernel Corn Whole Wheat Bread Grape Juice 4	Ham & Lima Beans w/Rice Coleslaw Steamed Spinach Cornbread Fruit & Grain Bar 5	Turkey Salad Sandwich on Whole Wheat Bread Romaine Lettuce Salad w/Dressing Mandarin Oranges Banana Cake 6	Taco Salad w/Tortilla Chips Lettuce & Tomato Shredded Cheese Sr Cream / Taco Sauce Chuckwagon Corn Oatmeal Raisin Cookie 7
Sliced Roasted Turkey w/Gravy Mashed Potatoes Southern Green Beans Whole Wheat Roll Peaches Margarine 10	Hamburger on a Bun Lettuce/Tomato/Pickle Mustard/Ketchup/Mayo Chuckwagon Corn Fresh Fruit Chocolate Milk 11	Chicken & Sausage Gumbo w/Rice Okra & Tomatoes Whipped Sweet Potatoes Saltine Crackers Chocolate Cake 12	Ham & White Beans w/Brown Rice Seasoned Turnip Greens Carrot Raisin Salad Cornbread Fresh Banana 13	Baked Bone-In Chicken w/Gravy Candied Sweet Potatoes Normandy Blend Vegt White Dinner Roll Fruit & Grain Bar 14
Chicken Breast Fillet w/Honey Mustard Sc Country Cottage Blend Vegetables Au Gratin Potatoes Whole Wheat Bread Fresh Orange 17	<u>BREAKFAST SPECIAL</u> Brkfst Sausage or Ham Grits Spiced Apple Slices Orange Tangerine Juice Biscuit/Jelly/Margarine Choc Chip Cookie 18	<u>SPECIAL BY NEW SARPY</u> Red Beans & Sausage w/Rice Steamed Spinach Pickled Beets Cornbread Peach Cobbler 19	Hot Dog w/Chili on a Bun Chuckwagon Corn Coleslaw Fruit & Grain Bar 20	<u>CHRISTMAS SPECIAL</u> Roast Pork w/Gravy Dirty Rice Fresh Orange Candied Sweet Potatoes White Dinner Roll Pecan Pie 21
 CLOSED FOR HOLIDAY, DEC. 24-25 24 25		Chicken Breast Fillet w/Gravy Mashed Potatoes Southern Green Beans Whole Wheat Bread LD Fudge Round 26	Beef Macaroni w/Tomato Sauce Mixed Vegetables Green Garden Salad w/Dressing Whole Wheat Bread Peach Crisp 27	Chicken Salad Sandwich on Whole Wheat Bread Spinach Salad w/Italian Pineapple Tidbits Banana Pudding 28
Chicken & Sausage Jambalaya Winter Blend Vegetables Candied Sweet Potatoes White Bread Variety Moon Pie 31		All Meals are Served With 1/2 Pint of 2% Milk.	 PEARL HARBOR DAY, DEC. 7	Your Contributions are Greatly Appreciated. Please Help Your Council on Aging Help Others.