INGREDIENT LIST FOR DECEMBER

DEC. 1 – MEATLOAF: BEEF, ONIONS, EGGS, CRUMBS, KETCHUP
AU GRATIN POTATOES: POTATOES, ONIONS, MILK, SUGAR, CHEESE
DINNER ROLL: FLOUR, YEAST, WATER

DEC. 2 – BAKED STEAK/GRAVY: BEEF, ONIONS, BROTH, WATER, FLOUR
CAKE: FLOUR, SUGAR, EGGS, MARG., MILK
DINNER ROLL: FLOUR, YEAST, WATER

DEC. 3 – TURKEY POT PIE: TURKEY, MIXEDVEGS, GRAVY, PASTRY TOPPER
COLE SLAW: CABBAGE, RED CABBAGE, CARROTS, SLAW DRESSING
GRAHAM CRACKERS: FLOUR, SOYBEAN OIL, HONEY
DINNER ROLL: FLOUR, YEAST, WATER

DEC. 6 – HAMBURGER: GROUND BEEF
HASH BROWNS: POTATOES, VEG OIL

DEC. 7 – MASHED POTATOES: DEHY POTATOES, MARGARINE, WATER
GRAVY: BROTH, WATER, ONION POWDER, FLOUR
GRAHAM CRACKERS: FLOUR, SOYBEAN OIL, HONEY
DECEMBER 8 – SWISS STEAK/GRAVY: BEEF, TOMATOES, BELL PEPPERS, ONIONS  
WHIPPED POTATOES: DEHY POTATOES, MARG, WATER  
PICKLED BEETS: BEETS, WATER, CORN SYRUP, VINEGAR, SALT, SPICES  
FRUIT MUFFIN: BLUEBERRIES, SUGAR, MILK, FLOUR  
DINNER ROLL: FLOUR, YEAST, WATER  

DECEMBER 9 – STUFFED CABBAGE ROLL:  
SCALLOPED POTATOES: POTATOES, ONIONS, MILK, SUGAR  
VANILLA WAFERS: FLOUR, SUGAR, MILK, EGGS, BAKING SODA  
DINNER ROLL: FLOUR, YEAST, WATER  

DECEMBER 10 – LEMON BUTTER CHICKEN: CHICKEN, BUTTER, LEMON JUICE, BROTH  
VEGETABLE BLEND: BROCCOLI, CAULIFLOWER, CARROTS  
DINNER ROLL: FLOUR, YEAST, WATER  
PUDDING: COCOA, MILK, CORNSTARCH  

DECEMBER 13 – BREADED PORK PATTIE: PORK, BREADCRUMBS, VEG OIL  
FRIES: POTATOES, VEG OIL  
GRAHAM CRACKERS: FLOUR, SOYBEAN OIL, HONEY  

DECEMBER 14 – CREAMED CHICKEN: DICED CHICKEN, FLOUR, BROTH, WATER  
WHIPPED POTATOES: DEHY POTATOES, MARG., WATER  
DINNER ROLL: FLOUR, YEAST, WATER  
CAKE: FLOUR, SUGAR, EGGS, MARG., MILK
DEC 15 — BAKED SPAGHETTI: BEEF, SPAG SAUCE, ONIONS, PASTA (FLOUR+EGGS)
GARLIC D. ROLL: FLOUR, YEAST, WATER, GARLIC POWDER, MARG.
TOSSED SALAD: LETTUCE, RED CABBAGE, CARROTS

DEC. 16 — SLOPPY JOE: GROUND BEEF, ONIONS, KETHCUP, BR.SUGAR
FRIES: POTATOES, VEG OIL
CAPRI BLEND VEGS: GR BEANS, CARROTS, ZUCCHINI
PUDDING: VANILLA, MILK, CORNSTARCH

DEC. 17 — PORK CHOP IN GRAVY: PORK, FLOUR, BROTH, WATER
WHIPPED POTATOES: DEHY POTATOES, MARG, WATER
DINNER ROLL: FLOUR, YEAST, WATER
VEGETABLE BLEND: PEAS, CORN, CARROTS, LIMAS, G.BEANS
VANILLA WAFERS: FLOUR, SUGAR, MILK, EGGS, BAKING SODA

DEC. 20 — HAMBURGER: GROUND BEEF
POTATO WEDGES: POTATOES, VEG OIL
VEGETABLE BLEND: BROCCOLI, CAULIFLOWER

DEC. 21 — CHICKEN MARSALA: CHICKEN, MUSHROOMS, MUSH SOUP, BROTH
WHIPPED POTATOES: DEHY POTATOES, WATER, MARG.
GRAVY: FLOUR, BROTH, WATER, ONION POWDER
CINNAMON ROLL: FLOUR, MILK, SUGAR, SOYBEAN OIL, CINNAMON, BAKING SODA, MILK
DINNER ROLL: FLOUR, YEAST, WATER
DEC. 22 – VEGETABLE SOUP: BEEF, MIXED VEGS, TOMATO JUICE, ONIONS, CABBAGE

PIMENTO CHEESE: CHEESE, SUGAR, RED PEPPERS, MAYO

FRUIT MUFFIN: BLUEBERRIES, SUGAR, MILK, FLOUR

DEC. 27 – CHEESE OMELET: EGGS, CHEESE, MILK

HASH BROWNS: POTATOES, VEG OIL

CINNAMON ROLL: FLOUR, WATER, SUGAR, SOYBEAN OIL, CINNAMON, BAKING SODA, MILK

BISCUIT: FLOUR, BUTTERMILK, SUGAR, MILK, CORNSTARCH

DEC. 28 – SWEET POTATOES: YAMS, MARGARINE

VANILLA WAFERS: FLOUR, SUGAR, MILK, EGGS, BK SODA

DINNER ROLL: FLOUR, YEAST, WATER

DEC. 29 – BREADED TURKEY BURGER: TURKEY, ONIONS, BREADING

TATOR TOTS: POTATOES, VEG OIL

DEC. 30 – SMOKED SAUSAGE: PORK, SEASONINGS

WHIPPED POTATOES: DEHY POTATOES, WATER, MARGARINE

SAUERKRAUT: CABBAGE

POUND CAKE: FLOUR, SUGAR, EGGS, MARG., MILK

DINNER ROLL: FLOUR, YEAST, WATER
DEC. 31 - SWEET AND SOUR CHICKEN: DICED CHICKEN, SWEET AND SOUR SAUCE

ORIENTAL VEGERABLES: GR BEANS, MUSHROOMS, ONIONS, PEPPERS, BROCCOLI

GRAHAM CRACKERS: FLOUR, SOYBEAN OIL, HONEY

DINNER ROLL: FLOUR, YEAST, WATER