

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, MIXED VEGS, 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
STEWED TOMATOES: TOMATOES, BELL PEPPERS, ONIONS, JUICE
- DEC. 7 – MASHED POTATOES: DEHY POTATOES, MARGARINE, WATER
GRAVY: BROTH, WATER, ONION POWDER, FLOUR
GRAHAM CRACKERS: FLOUR, SOYBEAN OIL, HONEY

- DEC. 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
- DEC. 9 – STUFFED CABBAGE ROLL:
SCALLOPED POTATOES: POTATOES, ONIONS, MILK, SUGAR
VANILLA WAFERS: FLOUR, SUGAR, MILK, EGGS, BAKING SODA
DINNER ROLL: FLOUR, YEAST, WATER
- DEC. 10 – LEMON BUTTER CHICKEN: CHICKEN, BUTTER, LEMON JUICE, BROTH
VEGETABLE BLEND: BROCCOLI, CAULIFLOWER, CARROTS
DINNER ROLL: FLOUR, YEAST, WATER
PUDDING: COCOA, MILK, CORNSTARCH
- DEC. 13 – BREADED PORK PATTIE: PORK, BREADCRUMBS, VEG OIL
FRIES: POTATOES, VEG OIL
GRAHAM CRACKERS: FLOUR, SOYBEAN OIL, HONEY
- DEC. 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 – SLOPPPY 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 VEGS: GR BEANS, MUSHROOMS, ONIONS, PEPPERS,

BROCCOLI

GRAHAM CRACKERS: FLOUR, SOYBEAN OIL, HONEY

DINNER ROLL: FLOUR, YEAST, WATER