

Monday, December 1

- **Chicken Tikki Masala**
- Roasted Eggplant
- Brown Rice
- Cantaloupe

Tuesday, December 2

- **Lemon Glazed Fish**
- Sweet Potato Mash
- Pineapple & Papaya
- Quinoa

Wednesday, December 3

- **Beef and Broccoli**
- Bok Choy
- Honeydew Melon
- Brown Rice

Thursday, December 4

- **Chicken Primavera**
- Green Peas
- Whole Grain Pasta
- Fruit

Friday, December 5

CLOSED FOR STAFF TRAINING

Monday, December 8

- **Garlic Fish**
- Spinach
- Orange
- Quinoa

Tuesday, December 9

- **Carne Asada**
- Refried Beans
- Chayote w/ Onions & Tomatoes
- Whole Grain Tortilla

Wednesday, December 10

- **Sesame Chicken**
- Parsnips
- Bamboo Shoots & Cabbage
- Whole Grain Noodles

Thursday, December 11

- **Meatloaf**
- Vegetable Medley
- Pineapple & Papaya
- Whole Grain Dinner Roll

Friday, December 12

- **Chicken Pesto**
- Carrots
- Honeydew Melon
- Whole Grain Pasta

Monday, December 15

- **Pepper Steak**
- Green Beans w/ Mushrooms
- Bok Choy
- Dinner Roll

Tuesday, December 16

- **Chicken Tinga**
- Roasted Corn
- Cantaloupe
- Brown Rice

Wednesday, December 17

- **White Fish**
- Carrots
- Quinoa
- Orange

Thursday, December 18

- **Chicken Enchiladas**
- Black Beans
- Yellow Summer Squash
- Kiwi

Friday, December 19

- **Beef w/ Onions & Tomatoes**
- Steamed Greens
- Brown Rice
- Fruit

Monday, December 22

- **Orange Chicken**
- Garlic Zucchini & Carrots
- Brown Rice
- Cantaloupe

Tuesday, December 23

- **Beef Stir-Fry**
- Broccoli
- Orange
- Whole Grain Noodles

Wednesday, December 24

- **Baked Fish**
- White Beans
- Baked Yams
- Whole Grain Roll

Thursday, December 25

CLOSED FOR HOLIDAY

Friday, December 26

- **Harissa Chickpeas**
- Roasted Eggplant
- Honeydew Melon
- Whole Grain Pita

Monday, December 29

- **Beef Fajitas**
- Corn
- Green Beans
- Whole Grain Tortilla

Tuesday, December 30

- **Chicken Chile Verde**
- Pinto Beans
- Cantaloupe
- Brown Rice

Wednesday, December 31

- **Fish Piccata**
- Sautéed Bell Peppers
- Pineapple & Papaya
- Whole Grain Pasta

- **Menu subject to change**
- **\$3 suggested donation**

