



JACKSON COUNTY
SENIOR NUTRITION PROGRAM



Jackson County Department On Aging
CONGREGATE
December 2018

Reservations needed one day in advance: **CALL 768-8684**
LUNCH SERVED AT NOON

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Grilled Chicken Breast 5 1/2 cup Mashed Sweet Potatoes 30 1/2 cup Peas and Carrots 9 1/2 cup Cranberry Apples 20 Whole Grain Dinner Roll 15 Milk 11</p> <p><i>Total Carbohydrates</i> 86</p>	<p>4</p> <p>Chicken Tenders 17 1/2 cup Creamed Peas 20 1/2 cup Baby Carrots 7 Fresh Fruit 15 Whole Grain Roll 15 Milk 11 Cookie 11</p> <p><i>Total Carbohydrates</i> 85</p>	<p>5</p> <p>Pork Chop Suey 17 1/2 cup Brown Rice 20 1/2 cup Brussels Sprouts 7 Fresh Fruit 15 Milk 15 Fortune Cookie 11 1 cup Garden Salad 1</p> <p><i>Total Carbohydrates</i> 89</p>	<p>6</p> <p>Stuffed Green Pepper 18 1 med Red Potato 16 1/2 cup Hot Spiced Apples 8 Whole Grain Dinner Roll 15 Milk 11 1 cup Caesar Salad 3</p> <p><i>Total Carbohydrates</i> 83</p> 	<p>7</p> <p>Western Meatloaf 15 1/2 cup Scalloped Potatoes 24 1/2 cup Normandy Veggie Blend 5 1/2 cup Tropical Fruit Salad 15 Whole Grain Roll 15 Milk 11 Fruited Jello 3</p> <p><i>Total Carbohydrates</i> 85</p>
<p>10</p> <p>Smothered Chicken Breast 15 1/2 cup Peas and Carrots 9 1/2 cup Corn & Black Bean Fiesta 15 Whole Grain Roll 15 Fresh Fruit 15 Milk 11</p> <p><i>Total Carbohydrates</i> 80</p>	<p>11</p> <p>Breaded Fish 22 1/2 cup Broccoli 5 1/2 cup Butter Beans 16 Fresh Fruit 15 Whole Grain Roll 15 Milk 11 Cookie 11</p> <p><i>Total Carbohydrates</i> 84</p>	<p>12</p> <p>Cheesy Shells w/Chicken & Peas 23 1/2 cup Stewed Tomatoes 8 1/2 cup Asian Veggie Blend 4 Fresh Fruit 15 Blueberry Muffin 15 Milk 11 1 cup Garden Salad 3</p> <p><i>Total Carbohydrates</i> 84</p>	<p>13</p> <p>Goulash 25 1/2 cup Zucchini 5 1/2 cup Sliced Carrots 4 1/2 cup Pineapple Tidbits 15 Whole Grain Roll 15 Milk 11 1 cup Baby Spinach & Mandarin 3</p> <p><i>Total Carbohydrates</i> 87</p>	<p>14</p> <p>Chicken Drumsticks 10 Medium Red Potato 16 1/2 cup Wax Beans 5 1/2 cup Fruit Cocktail 15 Whole Grain Dinner Roll 15 Milk 11 Rice Pudding 11</p> <p><i>Total Carbohydrates</i> 72</p>
<p>17</p> <p>Scalloped Potatoes w/Turkey Ham 20 1/2 cup Green Beans 6 1/2 cup California Blend 15 Fresh Fruit 15 Whole Grain Roll 15 Milk 11</p> <p><i>Total Carbohydrates</i> 82</p>	<p>18</p> <p>Chicken Parmesan 12 1/2 cup Italian Veggie Pasta Blend 6 1/2 cup Carrot Coins 12 Fresh Fruit 15 Whole Grain Roll 15 Milk 11 Cookie 11</p> <p><i>Total Carbohydrates</i> 71</p>	<p>19</p> <p>Pork Ribbette 12 4" Whole Wheat Bun 6 1/2 cup Hot Spiced Apples 12 1/2 cup Italian Green Beans 15 Milk 15 1 cup Garden Salad 11</p> <p><i>Total Carbohydrates</i> 71</p>	<p>20</p> <p>Pepper Steak 35 1/2 cup Mashed Potatoes 15 1/2 cup Mixed Veggies 15 Spiced Peaches 15 Roll 11 Milk 3 1 cup Garden Salad 1</p> <p><i>Total Carbohydrates</i> 94</p>	<p>21</p> <p>Baked Glazed Ham 4 Sweet Potatoes 30 Peas & Pearl Onions 11 Jellied Cranberry Sauce 18 Roll 15 Milk 11 Chef's Choice Dessert 3</p> <p><i>Total Carbohydrates</i> 96</p>
<p>24</p> <p>Christmas Day Closed</p>	<p>25</p> <p>Department on Aging Closed</p>	<p>26</p> <p>Sweet & Sour Chicken over Rice 35 1/2 cup Asian Veggie Blend 4 1/2 cup Wax Beans 5 Fresh Fruit 15 Roll 15 Milk 11</p> <p><i>Total Carbohydrates</i> 85</p>	<p>27</p> <p>Chili w/Beans served over 4 Baked Potato w/Sour Cream 15 1/2 cup Scandinavian Veggies 5 1/2 cup Spiced Peaches 8 Combread 15 Milk 11 1 cup Salad 3</p> <p><i>Total Carbohydrates</i> 84</p>	<p>28</p> <p>Tuna Noodle Casserole 30 1/2 cup Capri Veg 4 1 cup Garden Salad 7 Roll 8 Milk 15 1 cup Salad 11 Fruited Jello 3</p> <p><i>Total Carbohydrates</i> 84</p>
<p>31</p> <p>Seafood Pasta 35 Spinach 3 Mixed Vegetables 12 Fresh Orange 15 Whole Grain Roll 15 Milk 11</p> <p><i>Total Carbohydrates</i> 91</p>				<p>Dinner Dance December 6 Roast Beef w/Gravy Mashed Potatoes Mixed Vegetables Fruit Salad Dinner Roll & Salad Milk</p>  <p><i>White Chocolate Cheesecake</i></p>

Menus approved by:

* Substitutions by kitchen staff may be made if needed

122 Starr Rd, Spring Arbor, MI
 517-750-1010
 M-F, 9:45am- 1:45pm, Meal at noon
 Shimone Hayward Senior Center Specialist

Spring Arbor Senior Center-The Gathering

DECEMBER 2018



Su	Mon	Tue	Wed	Thu	Fri	Sa
						1
2	3 10-12 Carving 10:15-11:15 <u>Fit After 50</u> 11:15-Noon <u>Advisory Board</u>	4 10-11 Yoga 11-12pm Hand-stamped Cards w/ Sue	5 Birthday Party today 9:15 Christmas Decorating 10-12 Knit/Crochet 10:15-11:15 <u>Fit After 50</u>	6 10:30-11:30 Line Dance/ All skills levels welcome	7 10:15-11:15 <u>Fit After 50</u>	8
9	10 10-12 Carving 10:15-11:15 <u>Fit After 50</u> 12:00 Strawberry Shortcake with lunch	11 10-11 Yoga	12 10-12 Knit/Crochet 10:15-11:15 <u>Fit After 50</u> 12:30-1:30 Penny Bingo	13 10:30-11:30 Line Dance/ All skills levels welcome	14 10:15-11:15 <u>Fit After 50</u> 10-12 Acrylic Painting	15
16	17 10:15-11:15 Stretch and Tone 10-12 Carving	18 No Yoga Today	19 10-12 Knit/Crochet 10:15-11:15 Video Aerobics Game Day: 11:30-1:30 Table games & cards before	20 10:30-11:30 Line Dance/ All skills levels welcome	21 10:30-11:30 Jar Gift 12:30- 1:30 Christmas Party/ Gift exchange	22
23	24 	25	26 10-12 Knit/Crochet 10:15-11:15 Video Aerobics 12:30-1:30 Penny Bingo	27 10:30-11:30 Line Dance/ All skills levels welcome	28 10:15-11:15 Video Aerobics 10-12 Acrylic Painting	29
30	31 10-12 Carving 10:15-11:15 <u>Fit After 50</u>					