

MEALSITE:

Kingpot

FTHRA NUTRITION MENU FOR DECEMBER 2006

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Chicken A La King ½ cup Stewed Tomatoes Green Beans Biscuit Gingerbread Diabetic: Same
4 Sloppy Joe/Bun Baked Beans Vegetable Cole Slaw Oatmeal-Raisin Cookie Diabetic: SF Cookie	5 Salsa Chicken ½ Peach - 2 Tbs. Cottage Cheese Lima Beans WW Bread Butterscotch Pudding Diabetic: SF Pudding	6 Soup Beans/Onions ½ cup Mixed Greens Hashed Cream Potato Casserole Cornbread Diced Pears Diabetic: Same	7 Baked Fish Tartar Sauce Broccoli Au Gratin Harvard Beets Dinner Roll Cherry Cobbler Diabetic: Sliced Peaches	8 Baked Ziti ½ cup Italian Green Beans Tossed Salad/Ranch Dressing Italian Bread Frosted Chocolate Cake Diabetic: Plain Cake
11 Pork Chopette/gravy Green Beans Buttered Corn WW Bread Mandarin Orange Sections Diabetic: Same	12 Turkey/Gravy Sweet Potatoes Buttered Peas Biscuit Fresh Apple Diabetic: Same	13 Baked Chicken/Gravy Creamed Potatoes Carrot Raisin Salad Dinner Roll Peanut Butter Mousse Diabetic: Same	14 Meatloaf/Tomato Sauce Congregate Baked Potato/Sour Cream Homebound Hominy Brussels Sprouts Au Gratin Whole Wheat Bread Vanilla Pudding Diabetic: SF Pudding	15 Sausage and Cheese Pizza Tossed Salad/Ranch Dressing Warm Apple Slices Mandarin Orange Pudding Diabetic: Same
18 Chicken Pot Pie ¾ cup Cauliflower Au Gratin Lemon Jelled Vegetable Salad Biscuit Lemon Cookie Diabetic: SF Cookie	19 Hamburger/Bun Lettuce/Tomato/Onion/Mayo Baked Beans Apple Lazy Cake Diabetic: Same	20 Soup Beans/Onions ½ cup Spinach Hashed Creamed Potatoes with Cheese Cornbread Orange Pineapple Medley Diabetic: Same	21 Baked Country Steak/Gravy Buttered Noodles Carrots WW Bread Chocolate Pudding Diabetic: SF Pudding	22 Baked Ham/Pineapple Sauce Whole Buttered Potatoes Broccoli Casserole Dinner Roll Red Velvet Cake Diabetic: Fresh Fruit
25 CLOSED	26 CLOSED	27 Sausage Patty/Gravy Hashed Brown Potatoes Warm Apple Slices Biscuit Tropical Fruit Diabetic: Same	28 Beef Stew ½ cup Broccoli Au Gratin Cole Slaw Cornbread Tropical Fruit Diabetic: Same	29 Chicken Divan Sweet Potatoes Dinner Roll Frosted Lemon Cake Diabetic: Plain Cake

- 2% MILK AND MARGARINE ARE INCLUDED WITH EACH MEAL
- ALL SERVINGS ARE ½ CUP OR 1 PORTION UNLESS INDICATED OTHERWISE
- MENU MAY CHANGE DUE TO SNOW SCHEDULE, EQUIPMENT BREAKDOWN OR FOOD AVAILABILITY
- COORDINATORS-RECORD ARRIVAL TEMPERATURES AND THEN SERVING TEMPERATURES BESIDE APPROPRIATE ITEMS
- DIABETIC DESSERT IS ONLY FOR HOMEBOUND