

**December 2016**

# MENU

**Under 60: \$6.00 Charge**  
**60 and Over: \$2.00 Donation**  
**Menu subject to change without notice**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>Community Dining 1</b> Chili, Nachos, Salad, Muffin	<b>Community Dining Brunch 2</b> French Toast, Fruit Cup, Sausage, Juice <b>Brunch served 10AM</b>
5 Spanish Rice, Green and Wax Beans, Hot Fruit w/Granola Topping	6 Pork Stew Roll Carrots Pudding**	7 Shepherd's Pie French Bread, Corn, Fresh Fruit	8 Turkey Sweet Potatoes Scandinavian Blend Veg. Oatmeal Raisin Cookie**	9
12 BBQ Chicken, Scalloped Potatoes Corn SnackCake**	13 Spaghetti w/Meatballs Bread Peas Pears	14 Meatloaf, Gravy Sweet Potatoes Green Beans Granola bar**	15 <b>Community Dining Holiday Dinner</b>	<b>Community Dining 16 Holiday Brunch</b> – Quiche, Home Fries, Tropical Fruit Salad, Juice <b>Brunch Served 10 AM</b>
19 Pub Burger with Peppers and Onions, Mashed Potatoes, 5- way mixed veg, Oreo Cookie, Diet Cookie	20 Manicotti w/Tomato Sauce, Fresh Vegetables Italian Vegetables Hot Apple Crisp	21 Chicken Pot Pie On Biscuit Green Beans Tropical Fruit	22 Pot Roast, Gravy Wild Rice Peas/Carrots Orange/Tangerine	23
26 <b>Closed For The Holiday</b> 	27 Pork Riblet w/BBQ Sauce Scalloped Potatoes, Corn, Cookies/Animal Crackers**	28 Chicken Florentine Brown Rice Carrots Baked Fruit	29 <b>NY Holiday Dinner</b> Roast Pork, Gravy, Apple Sauce, stuffing, Potatoes, Harvest Blend Vegetables, Roll, Dessert	30

**\*Lower Sodium Meal**

**\*\*Diet Substitute**

**Each meal provides one third of the USDA required daily allowance of nutrients.**

Please contact your nearest site location for more information regarding midday meal schedules and Meals-on-Wheels programs.

Alton ..... 875-7102	Laconia ..... 524-7689	TRIP (Franklin) ..... 934-4151
Belmont..... 267-9867	Mountain View ..... 938-2104	Tilton.....527-8291
Concord M.O.W..... 225-9092	Pittsfield ..... 435-8482	
Horseshoe Pond Place..... 228-6956	Suncook..... 485-4254	

