## December 2024

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Lemon Baked Fish	Grilled Chicken Sandwich	Beef Pot Pie	Pork Gravy over	Swiss Steak w/Gravy
Cheesy Taters	Tri Tator	Coleslaw	Potatoes	Garlic Mashed Potatoes
Brussels Sprouts	Diced Beets	Rosy Applesauce	Peas	Scandinavian Vegetables
Pineapple	Orange		Banana	Apricots
9	10	11	12	13
Apricot Glazed Pork	BBQ Chicken	Citrus Glazed Fish	Chicken & Pasta Alfredo	Meatloaf
Parmesan Sweet Potatoes	Ranch Potatoes	Rice	Corn	German Potato Salad
Broccoli	Mixed Vegetables	Carrots	Pineapple	Green Beans
Mixed Berries	Peaches	Banana	Cherry Almond Bar	Pears
Dessert				
16	17	18	19	20
Breaded Fish Fillet	Beef Pot Roast	Baked Pork Chop	Italian Chicken Breast	Turkey Ham
Cheesy Broccoli Rice Casserole	w/Potatoes, Carrots, & Onions	Scalloped Potatoes	Sour Cream Mashed Potatoes	Mashed Potatoes & Gravy
Beets in Orange Sauce	Berry Cup	Brussels Sprouts & Carrots	Mixed Vegetables	Corn Casserole
Coleslaw	Banana Bar	Dark Sweet Cherries	Mandarin Oranges	Warm Cinnamon Apples
Apple				Cranberry Fluff Salad
23	24	25	26	27
Cook's Choice		CHRISTMAS	Baked Chicken Breast	Catch of the Day (Fish)
Casserole	CLOSED	<u></u>	Tri Tator	Potatoes & Onions
Green Beans			Peas	Carrot Salad
Baked Fruit Cocktail			Apple	Fruit Cocktail
Cookie				
30	31	1/1/2025		MEALS ARE FUNDED BY:
Mac & Cheese	Herb Baked Chicken		To Cancel your meal,	*JASPER COUNTY
Asparagus	Potatoes	CLOSED	call 641-792-7102. Meals	*AGING RESOURCES
Peaches	Harvard Beets		will not be left if you are not	*CLIENT DONATIONS *MEMORIALS
Cookie	Diced Pears	HAPPY NEW YEAR	home or have not	*ELDERLY WAIVER/MEDICAID
			communicated with us.	*FUNDRAISERS

<sup>\*\*</sup>Milk offered with all meals. All meals meet 1/3 of the Recommended Dietary Allowances (RDA) for older adults.

Stephanie Labenz MS, RD, LD