



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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**DECEMBER 1 (MON):**  
TODAY'S LUNCH IS A TURKEY BURGER WITH CHEESE ON A WHOLE WHEAT HAMBURGER BUN, SERVED WITH CARIBBEAN COLESLAW AND ROASTED SWEET POTATO FRIES. A FRESH PEAR IS INCLUDED FOR FRUIT.

**DECEMBER 2 (TUE):** LUNCH FEATURES SOUTHWESTERN BLACK BEAN FAJITAS ON MULTIGRAIN FLATBREAD, SERVED WITH A TOSSED SALAD WITH DRESSING. HONEYDEW COMPLETES THE MEAL.

**DECEMBER 3 (WED):** THE MEAL IS BROWN STEW CHICKEN SERVED WITH RICE AND BEANS AND WHOLE WHEAT BREAD. STEAMED CARROTS ARE THE VEGETABLE, AND PAPAYA IS INCLUDED FOR FRUIT.

**DECEMBER 4 (THU):**  
TODAY'S LUNCH IS STEWED PORK CHOPS SERVED WITH BROWN RICE AND WHOLE WHEAT BREAD. THE SIDE IS STEAMED BROCCOLI, AND CANNED SLICED PEACHES ARE INCLUDED FOR FRUIT.

**DECEMBER 5 (FRI):** LUNCH FEATURES FISH WITH CREOLE SAUCE WITH SAUTEED ONIONS AND PEPPERS, AND WHOLE WHEAT BREAD. SIDES ARE GARLIC AND ROSEMARY ROASTED POTATOES AND STEAMED KALE, WITH FRESH CANTALOUPE FOR DESSERT.

**DECEMBER 8 (MON):** THE MEAL IS BRAISED BEEF SHORT RIBS SERVED WITH A WHOLE WHEAT DINNER ROLL. SIDES ARE GARLIC MASHED POTATOES AND SAUTEED SPINACH, FOLLOWED BY A FRESH FRUIT SALAD.

**DECEMBER 9 (TUE):** LUNCH FEATURES ARROZ CON GANDULES (MEXICAN STYLE BROWN RICE WITH PIGEON PEAS) SERVED WITH WHOLE WHEAT BREAD AND ARUGULA SALAD WITH BALSAMIC VINAIGRETTE. FRESH CANTALOUPE COMPLETES THE MEAL.

**DECEMBER 10 (WED):**  
TODAY'S LUNCH IS STEWED CHICKEN BREAST SERVED WITH RICE AND BEANS AND WHOLE WHEAT BREAD. SIDES ARE BROCCOLI AND RED PEPPERS, AND YELLOW PLANTAINS, WITH WATERMELON FOR FRUIT.

**DECEMBER 11 (THU):** THE ENTRÉE IS BAKED TURKEY MEATBALLS SERVED WITH SPAGHETTI AND A WHOLE WHEAT HAMBURGER BUN. THE SIDE IS A BABY SPINACH SALAD WITH LEMON VINAIGRETTE, AND AN ORANGE IS PROVIDED FOR FRUIT.

**DECEMBER 12 (FRI):** LUNCH FEATURES BAKED SALMON WITH LEMON, TARRAGON AND THYME SERVED WITH RICE PILAF AND WHOLE WHEAT BREAD. SIDES ARE CREAMY SPINACH AND A TOSSED SALAD WITH DRESSING, WITH A PEAR FOR FRUIT.

**DECEMBER 15 (MON):**  
TODAY'S LUNCH IS BAKED BREADED LAMB CHOPS, SERVED WITH WHOLE WHEAT BREAD, GARLIC MASHED POTATOES, SAUTEED ASPARAGUS, SPINACH, APPLE, AND RED ONION SALAD. A CRISP APPLE IS INCLUDED FOR DESSERT.

**DECEMBER 16 (TUE):** LUNCH FEATURES A CARIBBEAN CURRY WITH CHICKPEAS AND SPINACH, SERVED WITH BROWN RICE, WHOLE WHEAT BREAD, AND WINTER BLEND VEGETABLES. A FRESH BANANA COMPLETES THE MEAL.

**DECEMBER 17 (WED):** THE MEAL IS A BEEF HAMBURGER ON A WHOLE WHEAT HAMBURGER BUN. SIDES ARE SAUTEED ONIONS AND PEPPERS, BAKED FRIES, AND KALE WITH TOMATO, SERVED WITH A FRESH PEACH

**DECEMBER 18 (THU):**  
TODAY'S LUNCH IS BAKED CHICKEN QUARTERS SERVED WITH ARROZ CON GANDULES (MEXICAN STYLE BROWN RICE WITH PIGEON PEAS). STEAMED RED OR GREEN CABBAGE IS THE SIDE, AND AN ORANGE IS INCLUDED FOR FRUIT.

**DECEMBER 19 (FRI):**  
LUNCH FEATURES BAKED SALMON AND BAKED ZITI WITH CHEESE, SERVED WITH ITALIAN CUT GREEN BEANS AND WHOLE WHEAT BREAD. THE DESSERT IS FRESH CANTALOUPE.

**DECEMBER 22 (MON):** THE MEAL IS A TURKEY BURGER WITH CHEESE ON A WHOLE WHEAT HAMBURGER BUN. SIDES INCLUDE BAKED RED POTATO WEDGES AND SLICED

**DECEMBER 23 (TUE):**  
LUNCH IS CLASSIC LENTIL SOUP, SERVED WITH CLASSIC GARLIC BREAD AND CALIFORNIA BLEND VEGETABLES. A CRISP APPLE COMPLETES THE MEAL.

**DECEMBER 24 (WED):**  
TODAY'S LUNCH IS PERNIL (ROASTED PORK SHOULDER), SERVED WITH WHITE RICE, WHOLE WHEAT BREAD, COOKED CABBAGE WITH SHREDDED CARROTS, AND GARLIC MASHED POTATOES. FRESH CANTALOUPE IS INCLUDED FOR DESSERT.

SUGGESTED MEAL CONTRIBUTIONS ARE USED TO HELP SUPPLEMENT THE PROGRAM DEVELOPMENT. PROGRAM WHICH INCLUDE:

- PERFORMANCES
- DJ'S/MUSICIANS
- PARTIES/PARTY SUPPLIES
- GIFTS
- TRIPS
- DECORATIONS AND MORE

GLENMORE APPRECIATES ANY, AND ALL CONTRIBUTIONS GIVEN BY THE MEMBERSHIP. HAVE A GREAT DAY!



**DECEMBER 29 (MON):**  
TODAY'S LUNCH IS TURKEY MEATLOAF WITH MUSHROOM GRAVY, SERVED WITH PASTA, WHOLE WHEAT BREAD, AND STEAMED CARROTS. A FRESH BANANA IS INCLUDED.

**DECEMBER 30 (TUE):** THE MEAL IS HOMESTYLE VEGAN WHOLE GRAIN MAC AND CHEESE WITH WHOLE WHEAT BREAD. THE SIDE IS A BABY SPINACH SALAD WITH LEMON VINAIGRETTE, AND WATERMELON IS PROVIDED FOR FRUIT.

**DECEMBER 31 (WED):** A WARM MEAL OF BEEF STEW IS SERVED WITH WHITE RICE, WHOLE WHEAT BREAD, AND BALSAMIC ROASTED BRUSSELS SPROUTS. THE FRUIT COMPONENT IS CANNED PINEAPPLE.

