Community Renewal Team
Changing lives… Creating opportunity!

ELLINGTON S ENIOR CENTER DECEMBER-20 16 MENU

MONDAY	TUESDAY
Decemebr 5, 2016 **NATIONAL COOKIE DAY!** Pineapple-Orange Juice-1/2 c. Lemon Chicken-1 pc=3 oz. Parslied Boiled Potatoes-1/2 c. Summer Squash-1/2 c. Wheat Dinner Roll-1 ea. Homemade Cookie-1 ea.	**December 6 , 2016** Fruit Punch- 6 oz. Seafood Salad-1/2 c. on Wheat Bun-1 ea. Baked Sweet Potato-1 ea. Shredded Lettuce-1/2 c. Fresh Orange-1 ea.
December 12 , 2016 Stuffed Cabbage w/Marinara Sauce -1 pc=3 oz./1/2 c. Rice Romano-1/2 c. Beets-1/2 c. Oatnut Bread-1 sl. Fresh Apple-1 ea.	**December 13 , 2016** Hearty Vegetable Soup-1 c. Hot Dog-1 pc=3 oz. Baked Beans-1/2 c. Sauerkraut-1/2 c. Mustard/Ketchup/Relish-1 pkt. ea. Hot Dog Roll-1 ea. Pineapple Tidbits-1/2 c.
December 19 , 2016 Orange-Pineapple Juice-1/2 c. Seasoned Chicken in Alfredo Sauce- 3oz. Over Penne Pasta-1/2 c. Broccoli Florets-1/2 c. 100% Whole Wheat Bread-1 sl. Blueberry Pomegranate Bar-1 ea.	**December 20 , 2016** Cream of Asparagus Soup-1 c. Garden Salad Greens-1 c. Cherry Tomatoes/Cucumbers/Onions-1/2 c. w/Tuna Salad-1/2 c. Italian Dressing-1 pkt. Wheat Dinner Roll-1 ea. Fresh Orange-1 ea.
December 26 , 2016 **CLOSED IN OBSERVANCE OF HOLIDAY**	**December 27, 2016** Orange Juice-1/2 c. Stuffed Pepper-1 pc=3 oz. Mashed Potatoes-1/2 c. Bias Cut Carrots-1/2 c. 12-Grain Bread-1 sl. Fresh Apple-1 ea.