

**Champlain Senior Center Meals**  
**December 2018**

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;"><b>3</b></p> <p><b>Roast Pork with Gravy</b> <b>Sweet Potatoes</b> <b>Broccoli Florets</b> <b>Warm Applesauce</b> <b>Congo Bar</b></p> 	<p style="text-align: center;"><b>4</b></p> <p><b>Baked Meatloaf with Sauce</b> <b>Mashed Potatoes</b> <b>Mixed Beans</b> <b>Tropical Fruit Salad</b></p> 	<p style="text-align: center;"><b>5</b></p> <p><b>Breaded Fish/Tartar Sauce</b> <b>Rice Pilaf with Vegetables</b> <b>Broccoli Florets</b> <b>Seasoned Apple Slices</b></p> 	<p style="text-align: center;"><b>6</b></p> <p><b>Italian Mini Loaves with Red Sauce and Parmesan</b> <b>Seasoned Cavatappi</b> <b>Italian Vegetables</b> <b>Mandarin Oranges with Cream</b></p> 	<p style="text-align: center;"><b>7</b></p> <p><b>Chicken Fingers</b> <b>Duck Sauce</b> <b>Home Fries</b> <b>Green Bean</b> <b>Peaches</b></p> 
<p style="text-align: center;"><b>10</b></p> <p><b>Cheese Ravioli with Meat Sauce and Parmesan</b> <b>Winter Mixed Vegetables</b> <b>Fruit Yogurt Parfait</b></p> 	<p style="text-align: center;"><b>11</b></p> <p><b>Pork Chow Mein</b> <b>Vegetable Brown Rice Pilaf</b> <b>Japanese Vegetables</b> <b>Chow Mein Noodles</b> <b>Diced Pears</b></p> 	<p style="text-align: center;"><b>12</b></p> <p><b>Shepard's Pie with Corn and Mashed Potatoes</b> <b>Green Beans</b> <b>Apricots</b></p> 	<p style="text-align: center;"><b>13</b></p> <p><b>Sweet &amp; Sour Roast Pork</b> <b>Rice Pilaf with Vegetables</b> <b>Spinach</b> <b>Pineapple Tidbits</b></p> 	<p style="text-align: center;"><b>14</b></p> <p><b>Mini Penne Pasta with Meat Sauce</b> <b>Brussel Sprouts</b> <b>Apple</b></p> 
<p style="text-align: center;"><b>17</b></p> <p><b>Roast Pork with Warm Applesauce</b> <b>Mashed Potatoes</b> <b>Mixed Vegetables</b> <b>Chocolate Pudding</b></p> 	<p style="text-align: center;"><b>18</b></p> <p><b>Holiday Dinner</b> <b>Stuffed Chicken Breas with Apple/Cranberry Stuffing</b> <b>Gravy</b> <b>Mashed Potatoes</b> <b>Baby Whole Carrots</b> <b>Cranberry Sauce</b> <b>Pumpkin Pie</b></p> 	<p style="text-align: center;"><b>19</b></p> <p><b>Oven Fried Chicken</b> <b>Sweet Potatoes</b> <b>4 Blend Vegetables</b> <b>Fruit Cocktail</b></p> 	<p style="text-align: center;"><b>20</b></p> <p><b>Beef Stew</b> <b>Biscuit</b> <b>Winter Mixed Vegetables</b> <b>Tapioca Pudding with Cream and Peaches</b></p> 	<p style="text-align: center;"><b>21</b></p> <p><b>Broccoli Quiche</b> <b>Yellow Squash</b> <b>Brussel Sprouts</b> <b>Pears</b></p> 
<p style="text-align: center;"><b>24</b></p> <p style="text-align: center;"><u>Center Closed</u></p>	<p style="text-align: center;"><b>25</b></p> <p style="text-align: center;"><u>Center Closed</u></p>	<p style="text-align: center;"><b>26</b></p> <p><b>Turkey Ala King</b> <b>Mashed Potatoes</b> <b>Vegetable Medley</b> <b>Zucchini Cake</b></p> 	<p style="text-align: center;"><b>27</b></p> <p><b>Macaroni &amp; Cheese</b> <b>Green Beans</b> <b>Peas &amp; Onions</b> <b>Mandarin Oranges</b></p> 	<p style="text-align: center;"><b>28</b></p> <p><b>Baked Goulash with Beef</b> <b>Vegetable Medley</b> <b>Corn Bread</b> <b>Pineapple Tidbits</b></p> 
<p style="text-align: center;"><b>31</b></p> <p><b>Sub Sandwiches</b> <b>Chips</b> <b>Fruit</b> <b>Ice Cream Sundaes</b></p> 				