

December

Lunch is offered for a low suggested donation of \$1 to qualified 60+ participants. Those 59 and under may purchase a meal for \$5.50. Lunch is served Monday-Friday at Goodbar and Evans Senior Centers 11:30 a.m. Advanced reservations are required. "This program is supported, in part, by the City of Mesquite, the Dallas Area Agency on Aging and the Texas Department of Health and Human Services."



			Thursday	Friday
Monday	Tuesday	Wednesday	12/1/2022	12/2/2022
12/5/2022	12/6/2022	12/7/2022	12/8/2022	12/9/2022
Turkey and Noodles Cauliflower Sliced Carrots Wheat Bread Fudge Cream Cookie ⓘ Milk	Chicken Meatballs with Gravy~ Parslied Rice Brussels Sprouts Wheat Bread Graham Crackers Milk	Meatloaf~ Brown Gravy Whipped Potatoes Herbed Green Beans Dinner Roll Nutty Buddy Bar ⓘ Milk	Turkey Taco Bell Pepper Medley Mexican Rice Flour Tortilla Lime Gelatin with Peaches Milk Taco Sauce	Hamburger Patty~ Lettuce and Tomato Baked Beans Hamburger Bun Cranberry Crisp Milk Mustard and Ketchup
12/12/2022	12/13/2022	12/14/2022	12/15/2022	12/16/2022
Chicken Chili Dirty Rice# Braised Carrots Saltine Crackers Strawberry Cereal Bar Milk	BBQ Pork Rib Patty*~ Black-Eyed Peas Broccoli Hamburger Bun Animal Crackers Milk	Swiss Steak~ Whipped Potatoes Italian Green Beans Dinner Roll  Birthday Cake/Ice Cream (congregate) Zee Zee bar (pre-plated meals) Milk	Marinara Breaded Chicken#~ Lemon Herb Pasta# Italian Vegetables Texas Bread Lemon Gelatin with Mixed Fruit Milk	Hamburger Patty~ Lettuce and Tomato Tater Gems Hamburger Bun Spiced Pineapple Tidbits Milk Mustard and Ketchup
12/19/2022	12/20/2022	12/21/2022	12/22/2022	12/23/2022
Polish Sausage* Ranch Whipped Potatoes Garden Vegetables Hot Dog Bun Graham Crackers Milk	Confetti Chicken*~ Yellow Rice Pinto Beans Texas Bread Oreo Cookies Milk	Salisbury Beef~ Brown Gravy Whipped Potatoes Mixed Vegetables Wheat Bread Animal Crackers Milk	Turkey Pasta Bolognese Stewed Tomatoes Green Beans Wheat Bread Oatmeal Cream Cookie ⓘ Milk	 Closed for Holiday
12/26/2022	12/27/2022	12/28/2022	12/29/2022	12/30/2022
 Closed for Holiday	Tuscan Chicken# Whipped Sweet Potatoes Country Vegetables Wheat Bread Sugar Cookie Milk	Ham and Pintos* Confetti Rice Medley Cabbage Corn Muffin Fresh Orange Milk Margarine	Honey Mustard Chicken Twice Whipped Potatoes Peas and Carrots Wheat Bread Nutty Buddy Bar ⓘ Milk	New Year's Eve Glazed Ham* Black-Eyed Peas Mixed Greens Corn Muffin Fudge Cake Stick ⓘ Milk Margarine

* - Contains Pork

ⓘ - Contains Peanuts

~ - Entrée Contains Soy

- New Menu Item

Sarah Hutsler, RD, LD

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Expires 11/30/2023