

| <p style="text-align: center;">Monday</p> <p style="text-align: center;"><i>Stickney Township</i></p> <p style="text-align: center;">Dec 2016</p> <p style="text-align: center;">10/19/16 @ 1834hrs</p> | <p style="text-align: center;">Tuesday</p> | <p style="text-align: center;">Wednesday</p> | <p style="text-align: center;">Thursday</p> | <p style="text-align: center;">>3 oz deli meats and cheese >on a sub roll >1/2cup pasta salad >1/2 cup cream of chicken soup/ ckrs >1/2 cup coleslaw >1/2cup rice pudding</p> <p style="text-align: right;">2</p> |
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| <ul style="list-style-type: none"> >3oz smoked sausage >mustard/onion/tomato >1/2 cup scalloped potatoes >1/2 cup carrots w/dill butter >1cup mushroom soup/ w crackers >wheat bun w/margarin >1/2cup tropical fruit <p style="text-align: right;">5</p> | <ul style="list-style-type: none"> >3 oz chicken picatta >1/2 cup mixed vegetables >1/2 cup roasted red potatoes >1oz wheat roll and margarine >1/2 cup apricots >1.2oz oatmeal bar <p style="text-align: right;">6</p> | <p style="text-align: center;">Veteran Appreciation Luncheon</p> <p style="text-align: center;">Call for more information 708.636.8850</p> <p style="text-align: right;">7</p> | <ul style="list-style-type: none"> >3 oz pepper steak >1/2 rice >1/2 cup vegetable soup/ckrs >1cup tossed salad w/dressing >sourdough roll/margarine >med orange <p style="text-align: right;">1</p> | <ul style="list-style-type: none"> >Chili Mac >7oz chili w/bears >onion,tomato,cheddar cheese,sour cream 1/2 cup macaroni >1/2 cup cole slaw >1.5oz corn bread/margarine >1/2cup fruit salad <p style="text-align: right;">9</p> |
| <ul style="list-style-type: none"> >3 oz chicken pesto w/cream sauce >1/2 brown rice >1/2 cup peas and carrots >1cup chicken noodle soup/w crackers >1/2 cup veggie salad >wheat bread w/margarine >1/2 cup pineapple <p style="text-align: right;">12</p> | <ul style="list-style-type: none"> >3 oz chicken cordon bleu >1/2cup orzo >1/2 cup mediterranean mix vegetable >1/2cup broccoli salad >roll /margarine (cheesecake slice only north center) | <ul style="list-style-type: none"> >3oz stuffed cabbage rolls >1/2 cup garlic potatoes >1/2 cup carrots in dill butter >1cup tomato soup/w crackers >1oz wheat roll w/margarine >1/2 cup peaches <p style="text-align: right;">14</p> | <ul style="list-style-type: none"> >3 oz Italian beef >Italian bun >1/2cup diced potato w/peppers and onions >1/2cup mixed vegetable >1/2 cup pasta vagioli soup/ckrs >1cup tossed salad w/dressing >1/2 cup fruit salad | <ul style="list-style-type: none"> >3 oz baked ham >1/2 cup green beans >baked potato w/sour cream >rye bread and 2 margarine >1.2oz granola bar >1/2 cup pears <p style="text-align: right;">16</p> |
| <ul style="list-style-type: none"> >3 oz turkey with gravy >1/2cup mashed potatoes >1/2 cup stuffing >1/2cup mixed vegetable >1cup chicken rice soup/crackers >1/2 cup pineapple chunks >1cup salad/w dressing <p style="text-align: right;">19</p> | <ul style="list-style-type: none"> >3 oz roast pork w/gravy >1/2cup rice >1/2cup greenbean casserole >1/2cup carrot salad >multi grain roll/margarine (cheesecake slice only south center) | <ul style="list-style-type: none"> >3 oz meatballs w/mushroom sauce >1/2 cup pasta >1/2 cup mixed vegetable >1cup vegetable soup/crackers >1/2cup broccoli salad >rye bread w/margarine >apple <p style="text-align: right;">21</p> | <ul style="list-style-type: none"> >3 oz pork cutlet with gravy >1/2 cup mashed potatoes >1/2 cup corn >1cup cream of mushroom soup/ w crackers >1/2 applesauce >multi grain bread and margine <p style="text-align: right;">22</p> | <ul style="list-style-type: none"> >3 oz prime rib w/au jus >1/2 cup rosemary red potato >1/2 mixed peas and carrots >1cup minestrone soup w/crackers >1oz wheat roll/margarine >1/2cup cinnamon apples <p style="text-align: right;">23</p> |
| <p style="text-align: center;">MERRY CHRISTMAS!</p> <p style="text-align: center;"><i>Buildings closed.</i></p> <p style="text-align: center;">No Mealsite or Home Delivered Meals today.</p> <p style="text-align: right;">26</p> | <ul style="list-style-type: none"> >3 oz southern style pork with country gravy >1/2 cup mashed potatoes >1/2 broccoli and cauliflower >1/2cup fruit cocktail >biscuit w/margarine >1.2oz oatmeal bar <p style="text-align: right;">27</p> | <ul style="list-style-type: none"> >3 oz chicken w/cajun cream sauce >1/2 cup oven browned potato >1/2 cup northern beans w/spinach >1cup chicken noodle soup/crackers >1/2 cup tropical fruit salad >wheat roll and margarine <p style="text-align: right;">28</p> | <ul style="list-style-type: none"> >3 oz meatballs >1/2 cup spaghetti with marinara >1/2 cup vegetable meadley >1 cup lettuce/w dressing >2oz french bread and margarine >1/2 cup peaches <p style="text-align: right;">29</p> | <ul style="list-style-type: none"> >7oz vegetable lasagna >1/2 cup vegetable blend >1/2cup tossed salad/dressing >1cup tomato soup/crackers >biscuit and margarine >4oz fruit juice <p style="text-align: right;">30</p> |

Sugar free jello or whole fresh fruit will be served for diabetic menus as a substitute for their desserts. 1-1/2 pt. skim or 2% milk will be provided. Pg.142