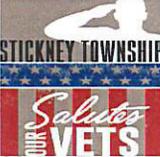


DECEMBER 2023

Mon	Tue	Wed	Thu	Fri
				1 <u>Teriyaki Glazed Salmon</u> Brown Rice & Stir Fry Vegetables 
4 <u>Marinated Flank Steak</u> Broccoli & Penne Pasta 	7 <u>Stuffed Peppers</u> Sweet Potato & Vegetable Medley 	6 <u>Southwest Chicken Wrap</u> Vegetable & TexMex Rice 	7 <u>Veteran Appreciation Luncheon</u>  Entertainment & Dine-In Lunch, only. Special Catered Meal. See office to register.	8 <u>Steak Quesadilla</u> Refried Beans & Spanish Rice 
11 <u>Spinach Ricotta Stuffed Shells</u> Broccoli & Penne Pasta 	12 <u>Chicken Pot Pie</u> Veggies and Mac & Cheese 	13 <u>Cilantro Lime Steak</u> Quinoa & Vegetables 	14 <u>Apricot Glazed Turkey</u> Asparagus & Lyonnaise Potatoes 	15 <u>Walnut Crusted Chicken</u> Edamame & Brown Rice 
18 <u>Swedish Meatballs</u> Fettuccini & Sauteed Spinach 	19 <u>Carne Asada Burrito</u> Roasted Potatoes & Stir Fry Peppers 	20 <u>Honey Garlic Chicken</u> Green Beans & Brown Rice 	21 <u>Turkey Monte Cristo</u> Potato Salad & Apricots 	22 <u>Spinach Ricotta Dumplings</u> Pesto Penne Pasta & Broccoli 
25 Buildings Closed 	26 <u>Chicken Marsala</u> Rice & Green Beans 	27 <u>Beef Roast</u> Roasted Potatoes & Vegetable Mix 	28 <u>Stuffed Chicken Breast</u> Vegetable & Butternut Squash 	29 <u>Meatloaf</u> Mashed Potato & Cabbage 

Stickney Township Office on Aging

Thank you for participating in Stickney Township's meal program! Lunch reservations and/or cancellations must be made the day before, by 11:00 a.m. Suggested Donation: \$2.00 per meal

**North Stickney Senior Center 6721 W. 40th St.
 LSV Senior Center 7745 S. Leamington**

**Stickney
 Burbank**

**708-788-9100
 708-636-8850**

"Funds (in whole/part) for this publication were provided through an award from AgeOptions through grants from the Illinois Department on Aging and/or Administration for Community Living, U.S. Department of Health and Human Services under Title III of the Older Americans Act."