







Monday		Tuesday		Wednesday		Thursday		Friday	
 DELAWARE HEALTH AND SOCIAL SERVICES Division of Services for Aging and Adults with Physical Disabilities <i>"This agency receives funding from the DHSS Division of Services for Aging and Adults with Physical Disabilities."</i>						1 Chicken Breast Taco Seasoned Spanish Rice Fiesta Corn Flour Tortilla Cinnamon Pears Skim Milk		2 Roast Turkey Breast Mashed Sweet Potatoes Green Bean Casserole Whole Wheat Roll/Bread Hot Fruit Compote Skim Milk	
5 Chicken Pot Pie Seasoned Broccoli Whole Wheat Roll/Bread Raspberry Peaches Skim Milk		6 Stuffed Bell Pepper Garlic Mashed Potatoes California Vegetables Whole Wheat Roll/Bread Chilled Fruit Cup Skim Milk		7 Pulled Pork Baked Beans Confetti Cole Slaw Bananas in Strawberry Gelatin Whole Wheat Roll/Bread Skim Milk		8 Baked Ziti and Meat Sauce Italian Vegetables Whole Wheat Roll/Bread Poached Pears Skim Milk		9 Beef Vegetable Soup Chicken and Pasta Salad Garnish Lettuce and Tomato Whole Wheat Roll/Bread Cinnamon Apples Skim Milk	
12 Salisbury Steak w/Gravy Garlic Mashed Potatoes Baby Carrots Whole Wheat Roll/Bread Spiced Peaches Skim Milk		13 Baked Pork Chop w/Brown Gravy Baked Sweet Potato Half Brussels Sprouts Whole Wheat Roll/Bread Greek Yogurt Parfait w/Granola Skim Milk		14 Lasagna Sautéed Zucchini Whole Wheat Roll/Bread Pineapple Skim Milk		15 Apple Glazed Chicken Scalloped Potatoes Steamed Broccoli Whole Wheat Roll/Bread Baked Apples Skim Milk		16 Cream of Potato Soup Tuna Salad Sandwich on Wheat Pickled Beets Mandarin Oranges Skim Milk	
19 Chili Con Carne Tossed Salad w/Dressing of Choice Cornbread Poached Pears Skim Milk		20 Turkey Broccoli Casserole Noodles Whole Wheat Roll/Bread Strawberries w/Whipped Topping Skim Milk		21 Honey Lemon Chicken Baked Potato w/Sour Cream Crumb Topped Brussels Sprouts Cinnamon Applesauce Whole Wheat Roll/Bread Skim Milk		22 Swedish Meatballs Noodles California Vegetables Whole Wheat Roll/Bread Fresh Banana Skim Milk		23 Baked Salmon Brown Rice Pilaf French Style Green Beans Whole Wheat Roll/Bread Ice Cream Skim Milk	
26  CHEER Closed. Happy Holiday.		27 Chicken Breast Parmesan Pasta in Sauce Steamed Broccoli Whole Wheat Roll/Bread Fresh Fruit Skim Milk		28 Baked Pork Chop w/Brown Gravy Sweet Potatoes Seasoned Cabbage Whole Wheat Roll/Bread Baked Apples A La Mode Skim Milk		29 Chicken and Dumplings Green Peas Whole Wheat Roll/Bread Pudding Skim Milk		30 Oven Fried Tilapia Macaroni and Cheese Stewed Tomatoes Whole Wheat Roll/Bread Crushed Pineapple Skim Milk	