



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Goulash Garlic Green Beans Chilled Peaches Whole Wheat Roll/Bread Skim Milk	2 Turkey A La King Steamed Or Baked Rice Green Peas Applesauce Whole Wheat Roll/Bread Skim Milk	3 Pork Carnitas Taco Chuckwagon Corn Cilantro Lime Black Beans Spanish Rice Pudding Skim Milk	4 Bbq Chicken Mashed Sweet Potatoes Collard Greens Whole Wheat Roll/Bread Ice Cream Skim Milk	5 Cheeseburger On Bun French Fries Baked Baked Beans Chilled Fruit Cup Skim Milk
8 Polish Sausage Potato & Cheese Pierogies Cabbage & Carrot Applesauce Whole Wheat Roll/Bread Skim Milk	9 Baked Egg Omelet American Fried Potatoes Steamed Spinach Fresh Banana Whole Wheat Roll/Bread Skim Milk	10 Beef Stroganoff Buttered Noodles Winter Mix Vegetable Whole Wheat Roll/Bread Dutch Cherry Cobbler Skim Milk	11 Apple Glazed Chicken Baked Sweet Potato Half Brussels Sprouts Whole Wheat Roll/Bread Pudding Cup Skim Milk	12 Cream Of Tomato Soup Tuna Salad Sandwich Macaroni Salad Fruit Of The Day Skim Milk
15 Cheese Manicotti Italian Vegetables Whole Wheat Roll/Bread Chilled Fruit Cup Skim Milk	16 Open Face Turkey Sandwich Garlic Mashed Potatoes French Style Green Beans Pumpkin Custard Skim Milk	17 Ground Beef Stew Five Way Mixed Vegetables Chilled Blushing Pears Biscuit Skim Milk	18 Tandoori Chicken Yellow Rice Cauliflower And Peas Tapioca Pudding Whole Wheat Roll/Bread Skim Milk	19 Corn Chowder Seafood Salad Crackers Mixed Green Salad Rice Crispy Bar Skim Milk
22 Salisbury Steak Mashed Red Potatoes Steamed Carrots Whole Wheat Roll/Bread Sponge Cake Skim Milk	23 Turkey Chili Steamed Or Baked Rice Winter Mix Vegetables Whole Wheat Roll/Bread Fresh Fruit Skim Milk	24 Breaded Pork Chop Baked Sweet Potato Half Brussels Sprouts Chilled Fruit Cup Whole Wheat Roll/Bread Skim Milk	25 26 ALL CENTERS CLOSED CHRISTMAS	
29 Spaghetti And Meat Sauce Italian Vegetables Whole Wheat Roll/Bread Orange Sherbet Skim Milk	30 Shrimp Fried Rice Steamed Broccoli Fresh Fruit Soft Whole Wheat Roll/Bread/Marg Skim Milk	31 Pulled Bbq Pork On Bun Baked Sweet Potato Fries Cole Slaw Cinnamon Apples Skim Milk		



DELAWARE HEALTH AND SOCIAL SERVICES

Division of Services for Aging and Adults with Physical Disabilities

*"This agency receives funding from
the DHSS Division of Services for Aging
and Adults with Physical Disabilities"*

Menu items subject to change due to availability.



CHEER

Over 50 Years Serving Sussex Seniors

