







December



Monday	Tuesday	Wednesday	Thursday	Friday	
2 Fish Patty Scalloped Potatoes Cole Slaw Whole Wheat Roll/Bread Banana Cream Pudding Skim Milk	3 Pork and Vegetable Stir Fry Steamed or Baked Rice Sugar Snap Peas Asian Blend Whole Wheat Roll/Bread Pineapple with Mandarin Oranges Skim Milk	4 Tamale Pie Chuckwagon Corn Gelatin Skim Milk	5 Chicken Alfredo w/Pasta Cucumber Tomato Salad Whole Wheat Roll/Bread Ice Cream Skim Milk	6 Baked Potato Bar Steamed Broccoli Chilled Fruit Cup Whole Wheat Roll/Bread Skim Milk	
9 Sausage and Peppers Filling Lettuce and Tomato Salad Potato and Cheese Pierogies Whole Wheat Roll/Bread Applesauce Skim Milk	10 Egg Sandwich American Fried Potatoes Steamed Spinach Fresh Banana Skim Milk	11 Chicken Linguine w/Spinach Herb Pesto Steamed Cauliflower Whole Wheat Roll/Bread Assorted Cookies Skim Milk	12 Glazed Meatloaf w/Brown Gravy Garlic Mashed Potatoes Baby Carrots Whole Wheat Roll/Bread Rice Pudding Skim Milk	13 Tuna Noodle Casserole Steamed Broccoli Whole Wheat Roll/Bread Mandarin Oranges Skim Milk	
16 Stuffed Pasta Shells Italian Vegetables Whole Wheat Roll/Bread Chilled Fruit Cup Skim Milk	17 Hot Turkey Sandwich Mashed Sweet Potatoes French Style Green Beans Apple and Peach Cobbler Skim Milk	18 Chicken Cordon Bleu Mashed Red Potatoes Brussels Sprouts Whole Wheat Roll/Bread Fruited Gelatin Skim Milk	19 Beef Stew Five-Way Mixed Vegetables Biscuit Chilled Blushing Pears Skim Milk	20 Minestrone Soup Crab Salad Mixed Green Salad Whole Wheat Roll/Bread Rice Crispy Bar Skim Milk	
23 Turkey Chili Steamed or Baked Rice Winter Mix Vegetables Whole Wheat Roll/Bread Fresh Fruit Skim Milk	24 Beef Pot Roast Roasted Red Potatoes Steamed Carrots Whole Wheat Roll/Bread Apple Pie Skim Milk	25  <p>Christmas. Happy Holiday. CHEER is Closed.</p>	26 Bourbon Chicken Brown Rice Pilaf California Vegetables Whole Wheat Roll/Bread Fruited Ambrosia Skim Milk	27 Dijon Crusted Fish Macaroni and Cheese Stewed Tomatoes Whole Wheat Roll/Bread Chilled Pineapple Skim Milk	
30 Spaghetti and Meat Sauce Italian Vegetables Whole Wheat Roll/Bread Orange Sherbet Skim Milk	31 Seafood Gumbo Steamed or Baked Rice Collard Greens Whole Wheat Roll/Bread Fresh Fruit Skim Milk	 			 <p>DELAWARE HEALTH AND SOCIAL SERVICES Division of Services for Aging and Adults with Physical Disabilities</p> <p><i>"This agency receives funding from the DHSS Division of Services for Aging and Adults with Physical Disabilities."</i></p> <p>Menu items subject to change due to availability.</p>