






DECEMBER 2018

FARGO MEALS AT SENIOR CENTERS

ALL MEALS INCLUDE 8 oz 1% MILK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
SWEDISH MEATBALLS MASHED POTATOES KEY LARGO VEGETABLES FRESH FRUIT ROSEMARY DINNER ROLL	HERB ROASTED CHICKEN STUFFING AND GRAVY MASHED SWEET POTATOES PEAS AND PEARL ONIONS PEAR CRISP WITH WHIPPED TOPPING	SPAGHETTI W/MEAT SAUCE PACIFIC BLEND VEGETABLES ORANGE JELLO W/MANDARIN ORANGES & TOPPING GARLIC FRENCH BREAD	BAKED COD W/ALFREDO SAUCE SMASHED POTATOES CRINKLE CUT CARROTS PEACH SAUCE DATE BREAD	BAKED HAM BAKED POTATOES WITH SOUR CREAM SCALLOPED CORN PINEAPPLE TIDBITS APPLE CINNAMON MUFFIN
10	11	12	13	14
STUFFED PEPPERS GREEN BEANS COTTAGE CHEESE PEAR SLICES WHOLE WHEAT DINNER ROLL	MEATLOAF BAKED POTATOES WITH SOUR CREAM STEWED TOMATOES PEACH CRISP W/ WHIPPED TOPPING WHOLE WHEAT BREAD SLICE	BEEF TIPS W/GRAVY NOODLES COUNTRY BLEND VEGETABLES CAPTAIN'S SALAD FRESH FRUIT SNICKERDOODLE COOKIE	ROASTED TURKEY MASHED POTATOES & GRAVY SQUASH CRANBERRY SAUCE CHERRY JELLO WITH PEACHES AND WHIPPED TOPPING WHOLE WHEAT BREAD SLICE	LEMON PEPPER FISH TARTAR SAUCE WILD RICE BLEND CREAMED PEAS CRUNCHY CUKES WINTER FRUIT CUP
17	CHRISTMAS MEAL	19	20	21
CHICKEN ALFREDO WITH PENNE PASTA CALIFORNIA MEDLEY FRUIT COCKTAIL WHOLE WHEAT BREAD SLICE	SLOW ROASTED BEEF WITH AU JUS TWICE BAKED POTATO GREEN BEAN CASSEROLE CHERRY BLUSH SALAD APPLE PIE W/TOPPING LEFSE	HAMBURGER WITH LETTUCE, TOMATO & ONION WHOLE WHEAT BUN SEASONED ROASTED POTATOES BAKED BEANS FRESH FRUIT	BARBECUED RIBS BAKED POTATO W/SOUR CREAM RIVIERA BLEND VEGETABLES STRAWBERRY JELLO W/PEARS & WHIPPED TOPPING WHOLE WHEAT DINNER ROLL	TACO CASSEROLE MEXICORN ROMAINE SALAD CORN BREAD PEAR CRISP WITH WHIPPED TOPPING
24	25	26	27	28
SALISBURY STEAK W/GRAVY MASHED POTATOES MIXED VEGETABLES TROPICAL FRUIT CUP BLUEBERRY MUFFIN	<p>MERRY CHRISTMAS CLOSED</p> 	COUNTRY MEATBALLS MASHED POTATOES BABY CARROTS FRESH FRUIT WHOLE WHEAT BREAD SLICE	BARBECUE CHICKEN BREAST WHOLE WHEAT BUN SCALLOPED POTATOES WAX BEANS APPLE CRISP WITH WHIPPED TOPPING	ROAST PORK MASHED POTATOES & GRAVY BEETS CHERRY JELLO W/PEARS AND WHIPPED TOPPING WHOLE WHEAT DINNER ROLL
31	1			
BEEF STEW OVER WHOLE WHEAT BISCUIT STEAMED PEAS FRESH FRUIT	 <p>HAPPY NEW YEAR CLOSED</p>			

Menu meets the required Title 3 nutrient goals under the Older American Act

Calories: 735 Sodium Goals: 800-1000 mg daily Protein: 31.24 (g) Net Carbs: 87.11 (g) Fat: 24.5(g)

