


MON	TUE	WED	THU	FRI
MOW	IN PERSON, MOW, G'NGO	MOW & GRAB 'N GO	MOW & GRAB 'N GO	MOW
1 Frozen Meal	2 Turkey Burger Seasonal Vegetable Lettuce, Tomato, and Condiments Fruit	3 Chef's Special 	4 Pork Pozole Zucchini Salad Fruit	5 Frozen Meal
8 Frozen Meal	9 French Bread Pizza Seasonal Vegetable Side Salad Yogurt with Fruit	10 Hearty Minestrone Soup Cottage Cheese Roll with Butter Fruit	11 Chicken Pot Pie Side Salad Fruit	12 Frozen Meal
15 Frozen Meal	16 Turkey Meatloaf Mashed Potatoes Seasonal Vegetable Coleslaw Fruit	17 Pumpkin Bisque with Bacon & Crispy Onions Cottage Cheese Three Bean Salad Fruit	18 Chef's Special 	19 Frozen Meal
22 Frozen Meal	23 Chicken & Bean Stew Roll with Butter Fruit	24 Kalua Pork with Rice and Cabbage Macaroni Salad Fruit	25 CLOSED MERRY CHRISTMAS Receive Meal 12/18	26 Frozen Meal
29 Frozen Meal	30 Chinese Chicken Salad Roll with Butter Fruit	31 Turkey Chili Baked Potato Garden Salad Fruit	Tuesday Programs start 11:30 12/2: Katie with Holiday music and blood pressure checks. 12/9: Nutrition Presentation 12/16: Sisters Parks and Rec 12/23: Holiday Lunch 12/30: Free Play	