

The Gathering Place

December 2011 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Menu subject to change without notice.</i></p> <p><i>*indicates high sodium meal</i></p>			<p>1 Chicken & Bowties</p> <p>Brownies</p>	<p>2 Chicken Vegetable Soup</p> <p>Cake</p>
<p>5 Chicken in Mushroom Cream Sauce Veg. Rice Pilaf Broccoli/Red Pepper Snack Loaf Wheat Bread</p> <p>Calories: 746 Fat: 33% Sodium: 669mg</p>	<p>6 Oven Baked Chicken Mixed Vegetables Mashed Potatoes</p> <p>Ice Cream</p>	<p>7 Beef Lyonnais Buttered Noodles Mixed Vegetables Vanilla Pudding Rye Bread</p> <p>Calories: 793 Fat: 35% Sodium: 609mg</p>	<p>8 Frank & Beans Cole Slaw</p> <p>Hot Fudge Cake</p>	<p>9 Macaroni & Cheese</p> <p>Brownies</p>
<p>12 Oven Roasted Pork Loin with Gravy Cheddar Mash. Pot. Capri Vegetables Chilled Peaches Rye Bread</p> <p>Calories: 633 Fat: 36% Sodium: 782mg</p>	<p>13 Shepards Pie</p> <p>Cake</p>	<p>14 Baked Fish with Diced Tomatoes Brown Rice Sauteed Spinach Fresh Fruit Dinner Roll</p> <p>Calories: 550 Fat: 16% Sodium: 751mg</p>	<p>15 *Out of the Building* Sandwich & Potato Chips</p>	<p>16 Chicken Pot Pie</p> <p>Ice Cream</p>
<p>19 Cheese Lasagna Gr. Beans/Red Pep. Vanilla Pudding Wheat Bread</p> <p>Calories: 693 Fat: 30% Sodium: 1057mg</p>	<p>20 Meat Loaf Mashed Potatoes Peas & Carrots</p> <p>Pudding</p>	<p>21 Roast Beef with Gravy Garlic Mashed Pot. Broccoli Gingerbread Cookie Multigrain Bread</p> <p>Calories: 613 Fat: 31% Sodium: 832mg</p>	<p>22 Ham Sweet Potatoes Roasted Carrots</p> <p>Ice Cream</p>	<p>23 Baked Cod French Fries Cole Slaw</p> <p>Strawberry Shortcake</p>
<p>26 sites closed</p>  <p><i>Christmas Holiday</i></p>	<p>27 Ham & Cheese Vegetable Soup</p> <p>Brownies</p>	<p>28 Lemon Pepper Pork with Gravy Yucca & Onions Corn/Red Peppers Birthday Cake Rye Bread</p> <p>Calories: 628 Fat: 32% Sodium: 584mg</p>	<p>29 Surprise Lunch!</p>	<p>30 Grilled Cheese Tomato Soup</p> <p>Ice Cream</p>