

# TITLE VI | 405-547-5407

## DECEMBER MENU & ACTIVITIES



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			<p>Chef Salad Macaroni Salad Cottage Cheese Dessert</p>	
5	6	7	8	9
<p>Roast Beef with Gravy New Potatoes Spinach Dessert</p>	<p>Chicken N Rice Soup Salad Corn Bread Dessert</p>	<p>Meat Loaf // Gravy Mashed Potatoes Capri Blend Dessert</p> <p><b>Wellness &amp; Health Blood Pressure Clinic 11AM to 1PM</b></p>	<p><b>ELDERS CHRISTMAS PARTY</b></p> <p>Elder &amp; 1 Caregiver *Elder must fill out New Intake for Gift card</p>	
12	13	14	15	16
<p>Stir Fry Oriental Blend Salad Dessert</p>	<p>Chicken Vegetable Lasagna Salad Dessert</p>	<p>Pork N Hominy Boiled Potato Green Beans Flat Bread Dessert</p> <p><b>Blood Pressure Clinic 11AM to 1PM</b></p>	<p>Tuna Salad on bed Lettuce and Tomatoes Wheat Bread Green Bean Salad Dessert</p>	
19	20	21	22	23
<p>Beef Vegetable Soup and Crackers Salad Dessert</p>	<p>Chicken Chunks Mashed Potatoes with Gravy Broccoli Dessert</p>	<p>Beef Stroganoff California Blend Salad Dessert</p> <p><b>Blood Pressure Clinic 11AM to 1PM</b></p>	<p>Cod Sticks Potato Wedges Carrot Coins Dessert</p>	<p><b>LUNCH SERVED</b> Monday-Thursday 11:30AM-12:30PM</p> <p><b>MENU IS SUBJECT TO CHANGE WITHOUT NOTICE</b></p>
26	27	28	29	30
<p><b>COMPLEX CLOSED IN OBSERVANCE OF CHRISTMAS</b></p>	<p>Chicken Alfredo San Franco Blend Salad Dessert</p>	<p>Pork Roast Mashed Potatoes with Gravy Pacific Blend Dessert</p> <p><b>Blood Pressure Clinic 11AM to 1PM</b></p>	<p>Tuna Casserole Cape Cod Blend Dessert</p>	<p><b>CASINO DAY 10AM-1PM</b></p> <p><b>Must sign up and wear shirt</b></p>