

Tri-Valley, Inc. - December 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Fish with Dill Sauce Lemon Herb Rice Peas Mandarin Oranges Corn Muffin	3 Hot Dog Baked Beans Coleslaw Fresh Fruit Hot Dog Bun Mustard	4 Stuffed Pepper Casserole Garlic Mashed Potatoes Carrots Brownie Diet = Half Piece Marble Rye Bread	5 Ranch Chicken Wild Rice Spinach Lorna Doone Cookies Pumpnickel Bread	6 Braised Beef Gemelli Pasta Broccoli & Red Peppers Baked Cinnamon Pears Italian Bread
9 Burger with Chili & Cheese Sweet Potato Fries Green Beans Strawberries Sandwich Roll	10 Chicken Pesto Seasoned Potatoes Scandinavian Vegetables Vanilla Mousse Pumpnickel Bread	11 Roast Pork Loin Gravy Cranberry Stuffing California Blend Veg Baked Apples Corn Muffin	12 American Chop Suey Herbed Broccoli & Carrots Bread Pudding Peasant Bread	13 Jambalaya Rice Pilaf Summer Corn Pineapple French Bread
16 Greek Chicken Steamed White Rice Roasted Brussels Sprouts Chocolate Pudding Diet = Diet Pudding Pumpnickel Bread	17 Meatloaf Gravy Mashed Potatoes Mixed Vegetables Apple Crisp Diet = Applesauce Italian Bread	18 Shepherd's Pie Carrots Peas Peaches Whole Wheat Bread	19 Sage Stuffed Chicken Sour Crm & Chive Mashed Potato Roasted Carrots Cream Puff French Bread	20 Lemon Pepper Fish Seasoned Potatoes Jardinière Vegetables Fresh Fruit Marble Rye Bread Tartar Sauce Chicken Vegetable Soup
23 Vegetable Cheese Bake Herbed Potatoes Green Beans Mandarin Oranges French Bread	24 Roast Turkey Supreme Sauce Rice Pilaf Corn Niblets Pear Crisp Diet = Pears Italian Bread	25 Christmas Day No Meal Served	26 Salisbury Steak Gravy Garlic Mashed Potatoes Peas & Carrots Birthday Cake Diet = Half Piece Sandwich Roll	27 Potato Crunch Fish Couscous Mixed Vegetables Fruited Ambrosia Marble Rye Bread Tartar Sauce
30 Chicken Picatta Wild Rice Roasted Broccoli Lemon Pudding Diet = SF Tapioca Pudding Pumpnickel Bread	31 Meatballs Onion Gravy Bowtie Pasta Country Blend Vegetables Pineapple Biscuit	Dudley 508-949-6640, Franklin 508-520-1422, Milford 508-478-8102, Northbridge 508-234-2002, Oxford 774-289-2600, Southbridge 774-289-9438, Spencer 508-885-3904, Sturbridge 508-347-5063, Sutton 508-234-0703, Upton 508-529-9094, Uxbridge 774-482-6174, West Brookfield 508-867-1411 Tri-Valley receives federal financial support under the Older Americans Act furnished by the Central Mass Agency on Aging and the Executive Office of Elder Affairs.		