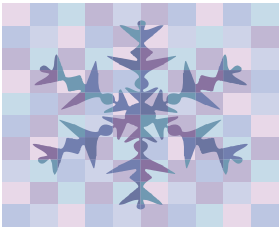







DECEMBER 2011 MENU



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Littleton Senior Diner is open 9:00 a.m. to 1:00 p.m.</p> <p>Monday - Friday.</p> <p>Call: Gayle Dalton for Reservations</p>			<p>1 Split Pea Soup w/ Crackers Baked Chicken w/ Lemon Mustard Sauce Sweet Potatoes Rye Bread Pineapple HDM: Peas</p>	<p>2 Fish Strips Corn Brussels Sprouts Whole Wheat Bread Chocolate Pudding Diet: SF Chocolate</p>
<p>5 Penne w/ Bolognese Sauce (2 Compartment) Winter Blend Whole Wheat Bread Pears</p>	<p>6 Beef Stew Green Beans Whole Wheat Bread Pineapple HDM: Diced Potato</p>	<p>7 Português Kale Soup Roast Chicken w/ Marsala Sauce Brown Rice Italian Bread Cutie Pie Diet: Apple Graham Cookie HDM: California Blend</p>	<p>8 Ground Beef Burgundy Mashed Potatoes Green Beans Rye Bread Butterscotch Pudding Diet: Sugar-free Strawberry Banana Pudding Pudding</p>	<p>9 Autumn Harvest Soup w/ Crackers Breaded Chicken Cutlet Cole Slaw Hamburger Bun Fresh Apple HDM: Brussels Sprouts HDM: Carrots</p>
<p>12 Fish Wedge Warm Applesauce w/ Cinnamon Carrots Hamburger Bun Pineapple</p>	<p>13 Vegetable Gumbo Soup w/ Crackers Baked Chicken w/ Apricot Glaze Mashed Potatoes Whole Wheat Bread Arctic Ice Diet: Sugar-free Strawberry Banana</p>	<p>14 Broccoli Bake Stewed Tomatoes Whole Wheat Bread Cherry Muffin Diet: Lemon Graham Cookie HDM: Apple Raisin Compote</p>	<p>15 Tomato Florentine Soup w/ Crackers Swedish Meatballs Egg Noodles Multigrain Bread Fresh Fruit HDM: Green Beans</p>	<p>16 Roast Pork w/ Rosemary Gravy Sweet Potatoes California Blend Veg. Rye Bread Peach Cup</p>
<p>19 Vegetable Soup Roast Chicken w/ Tarragon Sauce Mashed Potatoes Whole Wheat Bread Fruited Jello with Pears HDM: Beets</p>	<p>20 SPECIAL Roast Beef Au Jus Baked Potato Peas and Pearl Onions Whole Wheat Dinner Roll Brownie Diet: Blueberry Graham Cookie HDM: Pot Roast with Gravy</p>	<p>21 Corn Chowder w/ Crackers Chicken Caesar Salad w/ Romaine Lettuce w/ Grated Parmesan Cheese Applesauce Dinner Roll Dessert: Pineapple</p>	<p>22 Chili w/ Cheddar Cheese Corn Carrots Rye Bread Fresh Fruit</p>	<p>23 Spicy Chicken Brown Rice w/ Peas, Carrot, and Onion Braised Cabbage Whole Wheat Bread Yogurt</p>
<p>26 Holiday</p> 	<p>27 Cream of Broccoli Soup w/ Crackers Baked Fish w/ Lemon Dill Sauce Noodles Whole Wheat Bread Peach Cup HDM: Brussels Sprouts</p>	<p>28 Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Green Beans Rye Bread Fresh Fruit</p>	<p>29 Chicken Breast Cacciatore Ziti California Blend White Bread Cutie Pie Diet: Chocolate Graham Cookie</p>	<p>30 Sheppard's Pie Mashed Potato Carrots Whole Wheat Bread Pears</p>

DECEMBER 2011

Monday	Tuesday	Wednesday	Thursday	Friday
			1 9:00 Exercise 11:15 Stretch and Flex Noon Lunch 1:00 Mah-Jongg	2 9:00 Yoga 10:00 WII Noon Lunch 1:00 Bingo
5 Noon Lunch	6 9:00 Exercise 11:15 Stretch and Flex Noon Lunch 1:00 Mah-Jongg	7 Noon Lunch 1:00 Scrabble 10:00 "Healthy Me"	8 7:30 Ladies' Breakfast 9:00 Exercise 11:15 Stretch and Flex Noon Lunch 1:00 Mah-Jongg	9 9:00 Yoga 10:00 WII Noon Lunch 1:00 Bingo Boston Pops Trip 2:00 Movie
12 Noon Lunch 9:00 Lunch Ladies & Gentlemen -BREAKFAST	13 9:00 Exercise 11:15 Stretch and Flex Noon Lunch 1:00 Mah-Jongg	14 Noon Birthday Luncheon 1:00 Scrabble	15 9:00 Exercise 10:30 Living Alone Group 11:15 Stretch and Flex Noon Lunch 1:00 Mah-Jongg Noon Holiday Party	16 9:00 Yoga 10:00 WII Noon Lunch 1:00 Bingo
19 Noon Lunch 11:00 Cookie Exchange	20 9:00 Exercise 11:15 Stretch and Flex Noon Special Lunch 1:00 Mah-Jongg	21 7:30 Men's Breakfast 1:00 Scrabble	22 9:00 Exercise 11:15 Stretch and Flex Noon Lunch 1:00 Mah-Jongg	23 9:00 Yoga 10:00 WII Noon Lunch 1:00 Bingo 11:00 Christmas Cookies , hot chocolate and Christmas Carols
26 Noon Lunch	27 9:00 Exercise 11:15 Stretch and Flex Noon Lunch 1:00 Mah-Jongg	28 Noon Lunch 1:00 Scrabble	29 9:00 Exercise 11:15 Stretch and Flex Noon Lunch 1:00 Mah-Jongg	30 9:00 Yoga 10:00 WII Noon Lunch 1:00 Bingo 1:00 Bridge  11:00 New Year's Celebration