

December 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	4 American Chop Suey with salad	5 Mediterranean Chicken salad, greens, hard boiled egg, roasted red peppers & other veggies	6 Mild Chili with corn bread	7	8	9
10	11 Baked scrod with baked potato & cole-slaw	12 Shepards Pie with salad	13 Tuna salad sandwich with lettuce and tomato on a whole wheat roll and fruit	14	15	16
17	18 Lemon pepper chicken, brown rice and veggie	19 Meatloaf, mashed potatoes and veggie	20 Old fashion sloppy Joe sandwich with salad	21	22	23
24	25 Christmas Day There will be no meals served this week,	26 Giving our volunteers a well-deserved week off!	27 We will resume on Tuesday Jan 2	28 Have a happy, healthy, and safe holiday week!	29	30
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