

DECEMBER 2017

M.O.W. RESTRICTED SODIUM

DECEMBER 2017

Monday

Tuesday

Wednesday

Thursday

Friday

1

COLD PLATE

Roasted Turkey Sandwich
Grape Juice
* Marinated Broccoli Salad
* Potato Salad
Lettuce & Tomato
Mustard & Mayonnaise
100% WW Bread X2
Mixed Fruit



* = Vitamin C
__ = Vitamin A
() = Dessert of Choice
All meals served w/low fat milk.



4

5

6

7

8

COLD PLATE

Baked Chicken
Macaroni and Cheese
Capri Vegetables
* Spinach Salad
w/Dressing
Applesauce

Vegetarian Bean Burrito
w/Red Sauce & Cheese
Mexicali Corn
* Broccoli Florets
* Mandarin Oranges



Baked Fish w/Lemon Sauce
* Orange-Pineapple Juice
* Potato Nuggets
Steamed Carrots
Whole Grain Roll w/Butter
Peaches

Roast Beef w/Gravy
Baked Potato
* Vegetable Bean Medley
Tossed Green Salad
w/Dressing
Dinner Roll w/Butter
Fresh Fruit

Tuna Salad Sandwich
Apple Juice
Garden Pea Salad
Marinated Beets & Onion
Lettuce & Tomato
Mustard & Mayonnaise
Rye Bread
* Tropical Fruit



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12

13

14

15

COLD PLATE

Curried Chicken Salad
on a Bed of Mixed Greens
* Orange-Pineapple Juice
Carrot Raisin Salad
Marinated Beets & Onions
Dinner Roll w/Butter
* Tropical Fruit



Beef Sukiyaki
Mixed Vegetables
* Steamed Cabbage
Brown Rice
* Mandarin Oranges

Pork Carnitas w/Salsa
* Orange Juice
Black Beans
Spanish Rice
Mixed Green Salad
w/Dressing
Apricots



* Spinach & Mushroom Alfredo
Pasta w/Parmesan Cheese
* Vegetable Bean Medley
* Stewed Tomatoes
Banana

Spaghetti & Meatballs
w/Parmesan Cheese
* Steamed Broccoli
Sliced Beets
Mixed Green Salad
w/Dressing
Diet Cherry Gelatin w/Pears

18

19

20

21

22

Stuffed Pepper
* California Blend
* Garlic Mashed Potatoes
Green Peas
Peaches

LS Roast Pork
w/Pineapple-Raisin Sauce
* Whipped Sweet Potatoes
Green Beans w/Red Peppers
WW Roll w/Butter
Banana

Garlic Chicken Breast
Fruit Punch
Capri Vegetables
* Roasted Potatoes
* Citrus Fruit



Fish Taco w/Flour Tortilla
Pinto Beans
Steamed Zucchini
* Cilantro Lime Coleslaw
Salsa
* Tangerine

Chicken Tahitian
* Winter Vegetables
Carrots in Lite Sauce
Brown Rice
Fresh Fruit



25

26

27

28

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HOLIDAY



COLD PLATE

Waldorf Chicken Salad
on Mixed Greens
Grape Juice
Carrot Raisin Salad
3 Bean Salad
Hawaiian Roll w/Butter
* Orange

BBQ Pork Rib Patty
* Cheesy Scalloped Potatoes
* Broccoli
Mixed Green Salad
w/Dressing
Peaches

LS Hot Dog w/Cheese
Baked Beans
* Sweet Potato Fries
Tossed Salad
w/Dressing
Catsup, Mustard, Onion
Bun
Fresh Fruit

Alaskan Salmon Patty
w/Dill Sauce
Mixed Vegetables
Rice Pilaf
* Mixed Cabbage Salad
w/Dressing
* Tropical Fruit

