



December Menu



Come to the Center Dining Room for Good Food, Fellowship and Fun
Monday and Wednesday 12:00

Monday

Wednesday

Reservations must be made by 9:30AM Friday for Monday's meal		Reservations must be made by 9:30AM Tuesday for Wednesday's meal
December 5 Shepherd's Pie with Corn and Mashed Potatoes Green Beans Wheat Bread Pineapple Tidbits		December 7 Penne Pasta with meat sauce & Parmesan Cheese Brussel Sprouts Biscuit Ice Cream
December 12 Mild Chili with Cannellini & Black Beans Vegetable Brown Rice Pilaf Vegetable Blend Chocolate Chip Cookie		December 14 HOLIDAY DINNER Stuffed Chicken Breast with Apple Cranberry Stuffing Mashed Potatoes Carrots Dinner Roll Pumpkin Cake
December 19 Panko Pork Cutlet With brown sauce Sweet Potatoes Spinach Wheat Roll Pear Crisp w/Cream		December 21 BIRTHDAY DINNER Macaroni & Cheese Carrots Peas & Mushrooms Wheat Dinner Roll Mandarin Oranges Birthday Cake
December 26 CENTER CLOSED		December 28 Breaded Chicken Parmesan with Asiago Cheese Diced Potatoes 3 Bean Mix Wheat Roll Vanilla Pudding with Peaches & Cream

The Community Center congregate meal service provides a nutritious meal
and opportunities for socialization - essential parts of a healthy lifestyle. Please join us!
For at home meals contact the Meals on Wheels Program-Southwestern Vermont Council on Aging.
1-800-642-5119 or 802-786-5990