

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Breaded Sole Fillet WW Bread Garlic Mashed Potatoes Beet Salad Milk, Fruit	4 Vegetable Soup Chickpea Stew Brown Rice Cauliflower Milk, Fruit	5 Baked White Fish Couscous with Peas Baby Carrots with Parsley Milk, Fruit	6 Lentil Soup Cheese Pizza WW Roll Spinach, Apple, and Red Onion Salad Milk, Fruit	7 Citrus Sessame Crusted Salmon Lo Mein Bok Choy Milk, Fruit
10 Breaded Fish Bulgur Salad Baked Red Potatoes Milk, Fruit	11 Mushroom Barley Soup Eggplant Parmesan Italian Blend Vegetables Milk, Fruit	12 Salmon in Garlic Butter Sauce Couscous Baby Carrots Milk, Fruit	13 Lentil Soup Bean Burrito w WW Tortilla Mexican Confetti Rice Cucumber Chickpea Salad Milk, Fruit	14 Baked Fish Yellow Rice Asian Cabbage Milk, Fruit
17 Breaded Fish WW Roll Cabbage Carrot Slaw Sweet Potato Milk, Fruit	18 White Bean Soup Tofu Broccoli Curry Brown Rice Baby Spinach Salad Milk, Fruit	19 Baked Fish Lo Mein Broccoli with Toasted Garlic Milk, Fruit	20 Minestrone Soup Baked Ziti Garlic Bread California Vegetables Milk, Fruit	21 Baked Salom Bowtie Pasta with Kasha Zucchini and Peas Milk, Fruit
24 Breaded Sole Fillet WW Bread Garlic Mashed Potatoes Beet Salad Milk, Fruit	25 CHRISTMAS DAY CENTER IS CLOSED	26 Baked White Fish Couscous with Peas Baby Carrots with Parsley Milk, Fruit	27 Lentil Soup Cheese Pizza WW Roll Spinach, Apple, and Red Onion Salad Milk and Fruit	28 Citrus Sesame Crusted Salmon Lo Mein Bok Choy Milk and Fruit
31 Breaded Fish Bulgur Salad Baked Red Potato Milk, Fruit	<h1>December 2018</h1> <h2>Lunch Menu</h2>			