










# December Hot Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> CORNED BEEF HASH 28gm SCRAMBLED EGGS 1gm PEACH COBBLER 26gm FRUIT MUFFIN 16gm	<b>2</b> VEGETABLE LASAGNA 56gm HARVARD BEETS 8gm BLUEBERRY AND CHERRY CRISP 18gm WHOLE GRAIN ROLL 35gm	<b>3</b> PORK ROAST AND GRAVY 2gm MASHED POTATOES 17m CORN, PEAS, AND CARROTS 6gm RICE PUDDING 18gm WHOLE GRAIN ROLL 35gm	<b>4</b> MACARONI AND CHEESE 19gm SAUTEED SPINACH 3gm OATMEAL CAKE 36gm WHOLE GRAIN ROLL 35gm
<b>7</b> Pearl Harbor Remembrance Day SPAGHETTI WITH MEAT SAUCE 14gm GREEN BEAN & CARROTS 7gm PEACH CRISP 22gm WHOLE GRAIN ROLL 35gm	<b>8</b> BBQ PULLED PORK 5gm POTATOES O'BRIEN 12gm CARROT CAKE 23gm WHEAT BUN 26gm	<b>9</b> BEEF CHLLI 22gm WAX BEANS AND PEPPERS 5gm BANANA BREAD PUDDING 17gm CORNBREAD MUFFIN 30gm	<b>10</b> Holiday Meal PINEAPPLE GLAZED HONEY HAM CANDIED SWEET POTATO GREEN BEAN CASSAROLE WHOLE GRAIN ROLL 35gm	<b>11</b> BEEF TIPS AND GRAVY 3gm MASHED POTATOES 17gm GREEN BEANS AND CARROTS 7gm PEACHES AND CREAM 12gm BUTTERMILK BISCUIT 21gm
<b>14</b> CHICKEN AND RICE CASSEROLE 42gm SAUTEED CARROTS 4gm WARM CINNAMON APPLES 2gm WHOLE GRAIN ROLL 35gm	<b>15</b> HOMEMADE MEATLOAF 10gm MASHED POTATOES 17gm STEWED TOMATOES 4gm CORN PUDDING 22gm WHOLE GRAIN ROLL 35gm	<b>16</b> CHICKEN CACCIATORE 13gm SAUTEED SPINACH 18gm RICE PUDDING 18gm WHOLE GRAIN ROLL 35gm	<b>17</b> BEEF ENCHILADA BAKE 13gm CILANTRO RICE APPLE COBBLER 26gm WHOLE GRAIN ROLL 35gm	<b>18</b> QUICHE LORRAINE WITH BACON 18gm POTATOES O'BRIEN 18gm PEACH CRISP 22gm WHOLE GRAIN ROLL 35gm
<b>21</b> TUSCAN SHRIMP PASTA 17gm GREEN BEANS AND WAX BEANS 6gm BANANA CARMEL CAKE 30gm WHOLE GRAIN ROLL 35gm	<b>22</b> COUNTRY FRIED CHICKEN 28gm MASHED POTATOES 17gm SWEET CORN 15gm PEACH COBBLER 26gm WHOLE GRAIN ROLL 35gm	<b>23</b> SMOTHERED PORKLOIN 5gm COLLARD GREENS 4gm CINNAMON APPLES 2gm CORNBREAD MUFFIN 30gm	<b>24</b> Christmas Eve Closed	<b>25</b> Christmas Day Happy Holidays Closed
<b>28</b> HERB ROASTED CHICKEN 0gm BRUSSEL SPROUTS 7gm CHERRY CRISP 19gm WHOLE GRAIN ROLL 35gm	<b>29</b> BLACKENED TILAPIA 0gm SAUTEED SPINACH 3gm RICE PUDDING 18gm CORNBREAD MUFFIN 30gm	<b>30</b> LASANGA WITH PORK SAUSAGE 49g CALIFORNIA BLEND VEGETABLES 1gm WARM CINNAMON APPLES 20gm WHOLE GRAIN ROLL 35gm	<b>31</b> New Years Eve Happy New Years Closed	
	If for any reason you are not available to receive your daily meal, please call ahead of time to cancel. Each meal meets the new A.A.A. approved nutritional guidelines. All meals have between 80-120 grams of carbohydrates. All meals are trans-fat free.			 <b>Senior Services</b> Southwest Michigan <a href="tel:866-200-8877">866-200-8877</a>



# January Hot Meal Menu



Monday	Tuesday	Wednesday	Thursday	Friday
				1 <b>CLOSED HAPPY NEW YEAR!</b>
<b>4</b> BEEF TIPS AND GRAVY 3gm MASHED POTATOES 17gm GREEN BEANS AND CARROTS 7gm PEACHES AND CREAM 12gm BUTTERMILK BISCUIT 21gm	<b>5</b> MACARONI AND CHEESE 19gm SAUTEED SPINACH 3gm OATMEAL CAKE BAKE 26gm WHOLE GRAIN ROLL 35gm	<b>6</b> SPAGHETTI WITH MEAT SAUCE 44gm GREEN BEANS AND CARROTS 7gm PEACH CRISP 22gm WHOLE GRAIN ROLL 35gm	<b>7</b> PORK ROAST AND GRAVY 2gm MASHED POTATOES 17gm CORN, PEAS, and CARROTS 6gm RICE PUDDING 18gm WHOLE GRAIN ROLL 35gm	<b>8</b> SESAME CHICKEN 27gm WHITE RICE WAX BEANS AND PEPPERS 5gm PINEAPPLE UPSIDE DOWN CAKE 28gm CHOW MEIN NOODLES 9gm
<b>11</b> CHICKEN PARMASEAN 43gm BRUSSEL SPROUTS 7gm WARM CINNAMON APPLES 2gm WHOLE GRAIN ROLL 35gm	<b>12</b> DIRTY RICE WITH PORK/BEEF 14gm BLACK EYED PEAS 21gm CHERRY COBBLER 20gm WHOLE GRAIN ROLL 35gm	<b>13</b> MEATLOAF WITH GRAVY 10gm MASHED POTATOES 17gm CORN PUDDING 22gm STEWED TOMATOES 4gm WHOLE GRAIN ROLL 35gm	<b>14</b> CHICKEN POT PIE 14gm MAPLE GLAZED CARROTS 15gm APPLE CRUMB CAKE 56gm BUTTERMILK BISCUIT 21gm	<b>15</b> VEGETABLE FRITTATA 4gm BLUEBERRY OATMEAL 15gm PORK SAUSAGE LINK 2gm FRUIT MUFFIN 16gm
<b>18</b> <i>Martin Luther King Day</i> CORNED BEEF HASH 28gm SCRAMBLED EGGS 1gm PEACH COBBLER 26gm FRUIT MUFFIN 16gm	<b>19</b> VEGETABLE LASAGNA 56gm HARVARD BEETS 8gm BLUEBERRY AND CHERRY CRISP 18gm WHOLE GRAIN ROLL 35gm	<b>20</b> BEEF CHLLI 22gm WAX BEANS AND PEPPERS 5gm BANANA BREAD PUDDING 17gm CORNBREAD MUFFIN 30gm	<b>21</b> COUNTRY FRIED CHICKEN 28gm MASHED POTATOES AND GRAVY 17gm SWEET CORN 15gm PEACH COBBLER 26gm WHOLE GRAIN ROLL 35gm	<b>22</b> BLACKENED TILAPIA 0gm SAUTEED CARROTS 4gm WARM CINNAMON APPLES 2gm WHOLE GRAIN ROLL 35gm
<b>25</b> HERB ROASTED CHICKEN 0GM BRUSSEL SPROUTS 7gm CHERRY CRISP 19gm WHOLE GRAIN ROLL 35gm	<b>26</b> BEEF SLOPPY JOE 5gm BAKED BEANS 21gm CHOCOLTE ZUCCHINI BAKE 28gm WHOLE GRAIN BUN 26gm	<b>27</b> CHICKEN CACCIATORE 13gm SAUTEED SPINACH 3gm RICE PUDDING 18gm WHOLE GRAIN ROLL 35gm	<b>28</b> SWEET AND SOUR PORK 17gm BROWN RICE 17gm SIMMERED GREEN CABBAGE 5gm PINEAPPLE UPSIDE DOWN CAKE 28gm CHOW MEIN NOODLES 9gm	<b>29</b> BBQ CHICKEN THIGH 2gm COLLARD GREENS 4gm BANANA BREAD PUDDING 17gm BUTTERMILK BISCUIT 27gm
	<p>The amount of carbohtydrates are listed for each item on the menu for your convenience. If you are not going to be home for you meal, please call us in advance. 269-382-0515</p> <p>Kalamazoo: Ext. 300 Calhoun: Ext. 350</p>			