

December's Menu – Bon Appétit!

For Broome County Senior Centers. **Reservations are needed by noon the day before.** Menu subject to change. A contribution of \$3.50 is requested for people age 60+ and spouse of any age. Those under age 60 are charged \$4.50 per meal.
No one age 60+ shall be denied a meal due to an inability or unwillingness to contribute.

During the Pandemic we are trying our best to avoid menu changes. On occasion there may be a last-minute change. We apologize for the inconvenience.		Rotisserie Chicken 12/1 Brown Rice Pilaf Winter Squash Ice Cream Cup	Sliced Ham 2 Scalloped Potatoes Brussels Sprouts Apple Crisp	Tuna Fish 3 OR Pub Burger Baked Beans Red Potato Salad Chocolate Pudding
Macaroni & Cheese 6 Stewed Tomatoes French Cut Green Beans Mandarin Oranges	Chicken Salad Croissant 7 Baby Beets Cottage Cheese Pineapple	Swiss Steak 8 Mashed Potatoes Broccoli Sugar Cookie	Classic Meat Lasagna 9 Wax Beans w/Pimento Garden Salad Fruited Gelatin	Chicken Marsala 10 OR Herb Rubbed Pollack Mashed Potatoes Peas & Carrots Bread Pudding
Beef Stew over a Biscuit 13 Broccoli Applesauce Snickerdoodle Cookie	Liver w/Onions 14 OR Lemon Basil Chicken Mashed Potatoes Italian Blend Vegetables Blueberry Muffin	Roast Turkey w/Cranberry 15 Baked Potato Baby Carrots Apple Pie	Swedish Meatballs 16 Buttered Noodles Peas Pumpkin Cake	Grandma's Meatloaf 17 OR Broiled Fish w/Lemon Cheesy Mashed Potatoes Cut Green Beans Pears
Broccoli & Cheddar Omelet 20 Hashbrown Potatoes Spiced Peaches Chocolate Chip Cookie	Rotisserie Chicken 21 Brown Rice Pilaf Stewed Tomatoes Fruited Gelatin	Pub Burger 22 OR Tuna Salad Sandwich Harvest Vegetable Soup Pears Applesauce Bar	Pub Style Battered Fish 23 OR Sausage w/Peppers & Onions Baby Red Potatoes Salad Strawberry Shortcake	Senior Center Closed 24 Happy Holidays!
Baked Ziti Parmesan 27 Sausage Florentine Soup Ice Cream Cup	Sweet & Sour Pork 28 Over Brown Rice Pilaf Broccoli Florets Orange Cranberry Bar	Halupki 29 OR Roasted Chicken Thigh Mashed Potatoes French Cut Green Beans Mandarin Oranges	Beef Stroganoff 30 OR Herb Rubbed Pollack Buttered Noodles Sliced Carrots Peach Crisp	Senior Center Closed 31 Happy New Year!

Need to Reduce Sugar and Calorie Intake? We offer a no-concentrated sweets (NCS) lunch menu for those who are watching sugar and calorie intake. If you would like to take advantage of this menu option, please tell the receptionist at the center that you would like the NCS menu.

Funded by: NYSOFA, US Dept. of Health & Human Services – Administration on Community Living and Broome County Office for Aging