


Defiance County Senior Services

December 2009

Monday	Tuesday	Wednesday	Thursday	Friday
Join Us - December 10th Holiday Dance at The Defiance Eagles 5:00PM Mr. Ed & Company \$5.00 suggested donation	1 <u>World AIDS Day</u> Pork with Sauerkraut Italian Blend Vegetables Stuffing Rye Bread Grapefruit Sections	2 Hot Roast Beef Sandwich Steamed Cauliflower Harvard Beets Fresh Banana	3 Ham Broccoli Normandy Crushed Pineapple Sweet Potatoes Whole Wheat Roll	4 <u>Birthday Dinner</u> BBQ Chicken Potato Salad Spinach Whole Wheat Roll Ambrosia Salad Birthday Cake
7 <u>Pearl Harbor Ann.</u> Country Fried Steak Mashed Potatoes Broccoli Pear s Cornbread	8 Baked Fish Peas Oven Baked Potato Wedges Blueberry Muffin Crushed Pineapple	9 Pork Chop Stewed Tomatoes Pinto Beans Whole Wheat Roll Fresh Orange	10 Spaghetti and Meatballs Green Beans Garlic Toast Sliced Peaches Tossed Salad	11 Baked Chicken Sliced Carrots Rice Pilaf Banana Whole Wheat Bread Orange Juice
14 Herbed Chicken Breast Parsley Potatoes Mixed Vegetables Whole Wheat Roll Cherry Cheesecake	15 Roast Pork Sweet and Sour Cabbage Sweet Potatoes Peaches Whole Wheat Bread Cookie	16 B B Q Ribs Green Beans Ambrosia Salad Whole Wheat Dinner Roll Baked Potato	17 Roast Turkey Bread Dressing Buttered Peas Whole Wheat Bread Red Delicious Apple	18 <u>La Posada</u> Beef Burrito Mexican Corn Tropical Fruit Salad Spanish Rice Bread Pudding
21 Rueben Casserole Brussels Sprouts Tossed Salad Cocktail	22 Turkey and Noodles Lima Beans Mandarin Oranges Dinner Roll	23 B B Q Chicken Breast Pasta Salad Steamed Green Beans Apricot Halves Whole Wheat Bread Orange Juice	24 <u>Christmas Brunch</u> Cheese Omelet Hash Browns Hot Apples Whole Wheat Bread Orange Juice	25 Closed-Christmas 
28 Baked Chicken Winter Blend Applesauce Cornbread 3 Bean Salad	29 Beef Tips over Egg Noodles Brussels Sprouts Tossed Salad Wheat Bread Mandarin Oranges	30 Egg Salad Sandwich Creamy Tomato Soup Carrot and Raisin Salad Pineapple and Cottage Cheese	31 Salisbury Steak Beets Baked Potato Whole Wheat Bread Plums	See You In 2010

To access meal ingredients to any of the DCSS meals, please contact us at 419-782-3321 / Menus are subject to change due to availability and the weather.