

December 2020 - Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP TO-GO Monday—Chicken Noodle Tuesday—Bean & Ham Wednesday—Chili Thursday—Potato Friday—Santiago	1 11:30-12:30 Lunch Stuffed Peppers, Broccoli, Grapes, Cookie 4:30-5:30p Dinner Pork Chop Supreme, Redskin Potatoes, Brussels Sprouts, Kiwi	2 11:30a-12:30p Lunch Steak Salisbury, Mashed Potatoes w/ Gravy, Brussels Sprouts, Grapes 4:30-5:30pm Dinner Chicken Cordon Bleu, Beef Enchilada, Brown Rice, Corn, Pear	3 11:30a-12:30p Lunch Sweet & Sour Meatballs, Brown Rice, Peas & Carrots, Kiwi 4:30-5:30pm Dinner Chicken Cordon Bleu, Mashed Potatoes, Green Beans, Orange	4 11:30-12:30 Lunch Parmesan Cod, Pea Pods, Prince Charles Vegetables, Banana
7 11:30-12:30 Lunch Pot Roast, Boiled Potatoes, Green Beans, Apple	8 11:30-12:30 Lunch Meatloaf, Mashed Potatoes, Brussels Sprouts, Orange, Brownie 4:30-5:30p Dinner Mediterranean Chicken, Sweet Potato, Green Beans, Grapes	9 11:30a-12:30p Lunch Breaded Chicken Breast, Italian Blend Vegetables, Asparagus, Kiwi 4:30-5:30pm Dinner Lasagna, Mixed Vegetables, Apple, Breadstick	10 11:30a-12:30p Lunch Crispy Lemon Chicken, Mashed Potatoes, Peas, Orange 4:30-5:30pm Dinner Smothered Pork Chop, Broccoli & Cauliflower, Carrots, Banana	11 11:30-12:30 Lunch Potato Crunch Pollock, Redskin Potatoes, California Blend Vegetables, Apple
14 11:30-12:30 Lunch BBQ Chicken, Parsley Potatoes, Carrots, Grapes	15 11:30-12:30 Lunch Swiss Steak, Mashed Potatoes, Italian Blend Vegetables, Grapes, Cupcake 4:30-5:30pm Dinner Chicken Fettuccine Alfredo, Sugar Snap Peas, Broccoli, Banana	16 11:30a-12:30p Lunch Roast Turkey, Mashed Potatoes w/ Gravy, Peas & Onions, Pear 4:30-5:30pm Dinner Western Omelet, Redskin Potatoes, Broccoli & Cauliflower, Applesauce	17 11:30a-1:00pm Lunch Roast Beef, Mashed Potatoes w/ Gravy, Midori Blend Vegetables, Pistachio Fluff Salad, Dinner Roll, Cherry Pie 4:30-5:30pm Dinner Ravioli Squares, Italian Blend Vegetables, Corn, Grapes	18 11:30-12:30 Lunch Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Apple
21 11:30-12:30 Lunch Chicken & Mushroom Orecchiette, Broccoli & Cauliflower, Grapes	22 11:30a-12:30p Lunch Pork w/ Kraut, Green Beans, Applesauce, Dessert 4:30-5:30pm Dinner Breaded Fish Sandwich, Asparagus, Pear	23 11:30a-12:30p Lunch Breaded Chicken Fillet, Redskin Potatoes, Brussels Sprouts, Orange 4:30-5:30pm Dinner Meatloaf, Mashed Potatoes w/ Gravy, Broccoli, Kiwi	24 CLOSED FOR CHRISTMAS EVE	25 CLOSED FOR CHRISTMAS
28 11:30-12:30 Lunch Chicken Stir Fry, Brown Rice, Peas & Carrots, Kiwi	29 11:30a-12:30p Lunch Beef Tips, Brown Rice, Corn, Applesauce, Dessert 4:30-5:30pm Dinner BBQ Pork Sandwich, Dill & Garlic Potatoes, Asparagus, Orange	30 11:30a-12:30p Lunch Beef Pot Roast, Redskin Potatoes, Mixed Vegetables, Kiwi 4:30-5:30pm Dinner Lemon Baked Fish, Redskin Potatoes, Green Beans, Pear	31 CLOSED FOR NEW YEARS EVE	1 CLOSED FOR NEW YEARS

December 2020 - Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Consider giving this Giving Tuesday. 100% of your donation will go to Meals on Wheels in Crawford County. This year we delivered a record number of meals to the most at-risk in our community.	1 10am Aerobic Drumming Giving Tuesday <i>To Donate Visit www.cfnem.org/</i> Celebrate National Cookie Day!	2 9:30am Commodities @ St. Mary's 10am Zoom Zumba	3 10am Zoom Zumba	4 10am Stretch via Zoom 12:30-3:30pm DHD#10 Flu Shot Clinic @ New Building
7 10am Aerobic Drumming	8 10am Aerobic Drumming National Brownie Day! <i>Get a FREE brownie with your Congregate Meal!</i>	9 10am Zoom Zumba	10 10am Zoom Zumba	11 10am Stretch via Zoom 12:30-3:30pm DHD#10 Flu Shot Clinic @ New Building
14 10am Aerobic Drumming	15 10am Aerobic Drumming National Cupcake Day! <i>Get a FREE cupcake with your Congregate Meal!</i>	16 10am Zoom Zumba 12pm Intro to Zoom Workshop	17 10am Zoom Zumba Holly Jolly Christmas Luncheon & Ugly Sweater Contest <i>Curbside Pickup 11:30am-1pm RSVP Required</i>	18 10am Stretch via Zoom 12pm Christmas Bingo 12:30-3:30pm DHD#10 Flu Shot Clinic @ New Building
21 10am Aerobic Drumming	22 10am Aerobic Drumming 4:30pm COA Board Meeting	23 10am Zoom Zumba 10am New to Medicare Seminar	24 CLOSED FOR CHRISTMAS EVE	25 CLOSED FOR CHRISTMAS
28 10am Aerobic Drumming	29 10am Aerobic Drumming	30 10am Zoom Zumba	31 CLOSED FOR NEW YEARS EVE	1 CLOSED FOR NEW YEARS