

Carson City Senior Center Menu

December 2023

Menu subject to change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday
Milk: On-site (Congregate) - 8oz served daily. Meals on Wheels - half gallon delivered weekly. On-Site (Congregate) Lunch Options: <ul style="list-style-type: none"> To-Go Lunch Available Daily – Bring your containers. Entrée Salad Available Daily – instead of the day's meal (on-site lunch only) [excludes Birthday Friday & Holiday Meals]. Lunch Served: 11-12:30pm, Monday – Friday 				1 <u>HAPPY BIRTHDAY!</u> <u>Chicken Cordon Bleu</u> Rice Pilaf Peas & Carrots Sliced Pears WW Roll Ice Cream & Cake
4 <u>Sausage Links & Veggie Omelet</u> V8 Juice Cottage Cheese Fresh Fruit Cookie	5 <u>Italian Rice & Beef</u> Steamed Carrots House Salad W/ Garbanzo Beans Applesauce WW Roll #124	6 <u>Split Pea Soup</u> Ham Sandwich House Salad Pudding Fresh Fruit	7 <u>Swiss Steak</u> Baked Potato w/ Sour Cream Herbed Veg Medley WW Roll Applesauce Cookie #44	8 <u>Meatball Sub</u> Corn Coleslaw Fresh Fruit Fruit Juice
11 <u>Beef Stew</u> Egg Noodles House Salad Fruit Cup #16	12 <u>BLT on WW Bread</u> 3 Bean Salad Cottage Cheese Cranberry Juice Pudding	13 <u>Spaghetti w/ Meat Sauce</u> Peas Mandarin Oranges 7 Grain Bread #39	14 <u>Chicken Gumbo</u> Red Beans & Rice Colorful Salad Chantilly Cup Cookie	15 <u>Tuna Noodle Casserole</u> Vegetable Medley House Salad WW Bread Oatmeal Bar
18 <u>Chicken Pasta Primavera</u> Citrus Delight Steamed Broccoli Garlic Breadstick #32	19 <u>Seafood Louie Salad</u> Three Bean Salad Fruit Juice Sourdough Bread Brownie	20 <u>Lentil Soup</u> Tuna Salad Sandwich House Salad Fruit Cup #50	21 <u>Sweet & Sour Pork</u> Jasmine Rice Stir Fry Veggies Pineapple Chunks Fortune Cookie	22 Christmas Lunch <u>Brown Sugar Honey Glazed Ham</u> Mashed potatoes w/ Gravy Mushroom Strata Green Beans WW Roll Apple Pie
25 <u>CLOSED</u> Christmas	26 <u>Herbed Baked Chicken</u> Mashed Sweet Potatoes Steamed Peas Applesauce WW Bread #73	27 <u>Chicken Parmesan</u> Fettucine Noodles Green Beans Tossed Salad Pineapple Chunks	28 <u>Chili Cheese Baked Potato</u> Steamed Broccoli Muffin Yogurt Fruit Juice	29 <u>Meatloaf</u> Mashed Potatoes w/Gravy Steamed Spinach Fresh Fruit WW Roll Tapioca Pudding #3