<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Potato Pollock</td>
<td>Country Fried Steak w/Gravy</td>
<td>Chicken Parmesan</td>
<td>Beef Stew</td>
<td>Grilled Chicken w/Salsa &amp; Cheese</td>
</tr>
<tr>
<td>Collard Greens</td>
<td>Spinach</td>
<td>Key West Blend</td>
<td>Corn</td>
<td>Black Beans</td>
</tr>
<tr>
<td>Peas &amp; Corn</td>
<td>Baked Potato w/Smart Balance</td>
<td>Roasted Redskin Potatoes</td>
<td>Turnip Greens</td>
<td>Diced Carrots</td>
</tr>
<tr>
<td>Wheat Bread</td>
<td>Tropical Fruit Milk</td>
<td>Wheat Bread</td>
<td>Wheat Bread</td>
<td>Corn Muffin</td>
</tr>
<tr>
<td>Tropical Fruit</td>
<td></td>
<td>Stewed Apples w/Cherries &amp; Almonds</td>
<td>Diced Peaches</td>
<td>Mandarin Oranges</td>
</tr>
<tr>
<td>Milk</td>
<td></td>
<td>Milk</td>
<td>Milk</td>
<td>Milk</td>
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</tr>
<tr>
<td>13 Holiday Dinner</td>
<td>14 Italian Beef Stew</td>
<td>15 Country Ham &amp; Beans</td>
<td>16 Smoked Sausage w/Peppers &amp; Onions</td>
<td>17 Chicken &amp; White Bean Chili</td>
</tr>
<tr>
<td>Pot Roast w/Gravy</td>
<td>Key West Vegetables Peas</td>
<td>Diced Carrots</td>
<td>Peas</td>
<td>Corn</td>
</tr>
<tr>
<td>Mashed Potatoes</td>
<td>Wheat Roll</td>
<td>Diced Beets</td>
<td>Roasted Potatoes</td>
<td>Brussels Sprouts</td>
</tr>
<tr>
<td>Broccoli Cuts</td>
<td>Stewed Apples w/Cherries &amp;</td>
<td>Corn Bread</td>
<td>Wheat Bread</td>
<td>Corn Bread</td>
</tr>
<tr>
<td>Cherry Pie</td>
<td>Almonds</td>
<td>Mixed Fruit</td>
<td>Strawberry</td>
<td>Mixed Fruit</td>
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<tr>
<td>Wheat Bread</td>
<td></td>
<td></td>
<td>Applesauce</td>
<td>Milk</td>
</tr>
<tr>
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</tr>
<tr>
<td>20</td>
<td>21 Turkey Over Southwest Pasta</td>
<td>22 Sloppy Joe</td>
<td>23 Oven Fried Chicken</td>
<td>24 Indiana Style</td>
</tr>
<tr>
<td>Potato Pollock</td>
<td>Peas</td>
<td>Roasted Sweet Potatoes</td>
<td>Collard Greens</td>
<td>Chili Mac</td>
</tr>
<tr>
<td>Collard Greens</td>
<td>Corn</td>
<td>Brussels Sprouts/w onion</td>
<td>Wild Rice Pilaf</td>
<td>Mixed Vegetables</td>
</tr>
<tr>
<td>Peas &amp; Corn</td>
<td>Pudding</td>
<td>WW Bun</td>
<td>Key West Vegetables</td>
<td>Applesauce</td>
</tr>
<tr>
<td>Wheat Bread</td>
<td>Milk</td>
<td>Diced Pears</td>
<td>Wheat Bread</td>
<td>Corn Bread</td>
</tr>
<tr>
<td>Tropical Fruit</td>
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<td>Milk</td>
<td>Birthday Cake</td>
<td>Mixed Fruit</td>
</tr>
<tr>
<td>Milk</td>
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</tr>
<tr>
<td>27 Vegetable Lasagna</td>
<td>28 Breakfast Bagel w/Sausage</td>
<td>29 Smothered Chicken Breast</td>
<td>30 Spaghetti/meatballs</td>
<td>31 Potato Pollock</td>
</tr>
<tr>
<td>Diced Carrots</td>
<td>Egg &amp; Cheese</td>
<td>Chicken Breast</td>
<td>Parmesan Cheese</td>
<td>Collard Greens</td>
</tr>
<tr>
<td>Lima Beans</td>
<td>Roasted Sweet Potatoes</td>
<td>Wild Rice Pilaf</td>
<td>California Veg Blend</td>
<td>Peas &amp; Corn</td>
</tr>
<tr>
<td>Wheat roll</td>
<td></td>
<td>Key West Vegetables</td>
<td>Italian Cut</td>
<td>Wheat Bread</td>
</tr>
<tr>
<td>Diced Pineapple</td>
<td></td>
<td>Wheat Bread</td>
<td>Green Beans</td>
<td>Tropical Fruit</td>
</tr>
<tr>
<td>Milk</td>
<td></td>
<td>Birthday Cake</td>
<td>Mandarin Oranges</td>
<td>Milk</td>
</tr>
</tbody>
</table>

*Menus are subject to change based on product availability. [https://cicoa.org/menu](https://cicoa.org/menu)
### December 2021

**Monday**  
1 Ginger BBQ Chicken Meal  
   - 600 Calories  
   - 19 g Fat  
   - 12 g Fiber  
   - 418 mg Calcium  
   - 894 mg Sodium  
   - 87 g Carbohydrate  

**Tuesday**  
2 Braised Beef Over Egg Noodles Meal  
   - 569 Calories  
   - 19 g Fat  
   - 6 g Fiber  
   - 586 mg Calcium  
   - 674 mg Sodium  
   - 63 g Carbohydrate  

**Wednesday**  
3 Grilled Hamburger Meal  
   - 697 Calories  
   - 24 g Fat  
   - 10 g Fiber  
   - 589 mg Calcium  
   - 1026 mg Sodium  
   - 86 g Carbohydrate  

**Thursday**  
4 Braised Beef Over Egg Noodles Meal  
   - 569 Calories  
   - 19 g Fat  
   - 6 g Fiber  
   - 586 mg Calcium  
   - 674 mg Sodium  
   - 63 g Carbohydrate  

**Friday**  
5 Grilled Hamburger Meal  
   - 697 Calories  
   - 24 g Fat  
   - 10 g Fiber  
   - 589 mg Calcium  
   - 1026 mg Sodium  
   - 86 g Carbohydrate  

<table>
<thead>
<tr>
<th>Day</th>
<th>Monday</th>
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<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
</table>
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     | 569 Calories  
     | 19 g Fat  
     | 6 g Fiber  
     | 586 mg Calcium  
     | 674 mg Sodium  
     | 63 g Carbohydrate  
| 3   | Grilled Hamburger Meal  
     | 697 Calories  
     | 24 g Fat  
     | 10 g Fiber  
     | 589 mg Calcium  
     | 1026 mg Sodium  
     | 86 g Carbohydrate  
| 4   | Braised Beef Over Egg Noodles Meal  
     | 569 Calories  
     | 19 g Fat  
     | 6 g Fiber  
     | 586 mg Calcium  
     | 674 mg Sodium  
     | 63 g Carbohydrate  
| 5   | Grilled Hamburger Meal  
     | 697 Calories  
     | 24 g Fat  
     | 10 g Fiber  
     | 589 mg Calcium  
     | 1026 mg Sodium  
     | 86 g Carbohydrate  

*The nutrition information listed above is for the entire meal on the calendar*