


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
December 2020  THE JOHN CLARKE RETIREMENT CENTER		Corned Beef & Cabbage 1 Pork Chops Boiled Potatoes Carrots or Wax Beans Mississippi Pie Diet Chocolate Cake	Herb Roasted Chicken w/ Cranberry 2 Salisbury Steak Baked Potato Green Beans or Cauliflower Dinner Roll Rainbow Sherbet	Stuffed Peppers Baked Fish 3 Garlic Mashed Potatoes Zucchini & Squash Medley or Broccoli Cheesecake w/ Strawberries Fresh Strawberries	Fish & Chips Baked Breaded Chicken 4 Mashed Potatoes Cole Slaw Peas Lemon Squares Diet Lemon Pudding	Smothered Pork Chops Manicotti Herb Stuffing Butternut Squash or Corn Peach Shortcake Sliced Peaches 5
Roast Beef w/ Gravy Baked Ham w/ Maple Glaze Roasted Potatoes Wax Beans or Brussel Sprouts Dinner Roll Ice Cream Sundae (Reg or Diet) 6	Roast Turkey w/ Gravy Veal Pattie w/ Gravy Herb Stuffing Mashed Potatoes Peas or Broccoli Pumpkin Pie Diet Pumpkin Pudding 7	Lasagna w/ Garlic Bread Baked Stuffed Sole w/ Newburg Tossed Salad Butternut Squash Mashed Potatoes Chocolate Pudding (Reg or Diet) 8	Baked Stuffed Chicken w/ Cranberry Chef Salad Green Beans or Beets Baked Potato Dinner Roll Cookies & Cream Ice Cream Diet Ice Cream 9	Meatloaf w/ Gravy Ravioli Mashed Potatoes Corn or Wax Beans Brownie Low Cal Pineapples 10 <small>Hanukkah Begins</small>	Salmon w/ Lemon Cream Sauce Pork Ribs Herb Roasted Potatoes Carrots or Peas Spice Cake Diet Spiced Angel Cake 11	Stuffed Pork Chop Salisbury Steak Mashed Sweet Potatoes Asparagus or Green Beans Fruited Jello w/ Topping 12
Roast Turkey w/ Cranberry Mini Pizza Stuffing Mashed Potatoes Peas or Broccoli Dinner Roll Apple Pie Apples & Cinnamon 13	Braised Short Rib Hot Dog Garlic Mashed Potatoes Asparagus Baked Beans 3 Layer Chocolate Cake Pineapple Rings 14	Stuffed Shells Breaded Chicken Filet Tossed Salad w/ Dressing Broccoli Garlic Bread Lemon Square Diet Lemon Pudding 15	Roasted Chicken BBQ Pork Ribs Baked Potato Cranberry Sauce Green Beans Butternut Squash Chocolate Ice Cream 16	Baked Ham w/ Pineapple Beef Stew Mashed Potatoes Peas & Onion Cauliflower Cherry Pie Fresh Fruit w/ Topping 17	Baked Stuffed Sole Salisbury Steak Scalloped Potatoes Beets or Corn Brownie Low Cal Chocolate Pudding 18	Baked Stuffed Sole Salisbury Steak Scalloped Potatoes Beets or Corn Brownie Low Cal Chocolate Pudding 19
Stuffed Chicken Roast Lamb Rice Medley Butternut Squash or Green Beans Dinner Roll Ice Cream Sundae 20	Stuffed Pork Chops Baked Fish Roasted Potatoes Broccoli Brussel Sprouts Apple Crisp Apples w/ Cinnamon 21 <small>Winter Begins</small>	Spaghetti & Meatballs Breaded Chicken Patty Tossed Salad Vegetable Medley Garlic Bread Yellow Cake w/ Icing Angel Cake w 22	Fried Chicken Beef Pot Pie Mashed Potatoes Corn or Green Beans Biscuit Toffee Chip Ice Cream (diet or Reg.) 23	Braised Short Rib BBQ Pork Rib Mashed Potatoes Carrots or Asparagus 3 Layer Chocolate Cake Diet Chocolate Cake 24	Catch of The Day Roasted Chicken Baked Potato Beets or Green Beans Fruit Bar 25 <small>Christmas</small>	Cheeseburger Fried Fish Sweet Potato Fries Mashed Potatoes Mixed Vegies or Corn Pound Cake w/ Strawberries & Cream Strawberries and Cream 26 <small>Boxing Day (Canada) Kwanzaa Begins</small>
Glazed Ham w/ Pineapple Baked Fish Herb Stuffing Brussel Sprouts or Green Beans Dinner Roll Ice Cream Sundae Diet Ice Cream 27	Shepard's Pie w/ Corn or Green Beans Chicken Pot Pie Carrots or Peas Blueberry Pie Fresh Fruit w/ Topping 28	Stuffed Pork Loin Cheese Manicotti Baked Potato Green Beans or Wax Beans Carrot Cake w/ Icing Angel Food Cake 29	Smothered Chicken Salisbury Steak Rice or Mashed Potatoes Corn or Zucchini Strawberry Ice Cream Diet Ice Cream 30	Lasagna Beef Stew Garlic Bread Tossed Salad Yellow Squash Lemon Cake w/ Icing Diet Lemon Cake w/ Topping 31 <small>New Year's Eve</small>	<h1><u>LUNCH</u></h1> <h1><u>MENU</u></h1>	

Type the name, address, and other information about your community/company here.