



WCCS 7 Day Menu December 2018

Amy Houpey, CDM, CFPP, MBM
Food Service Director

Menus Subject to Change with Dietitian Approval

Morrow Center – 513-267-9045
 Lebanon Center – 513-939-5189
 Franklin Center – 937-545-6788
 South Lebanon Center – 513-267-8293
 741 Senior Center – 513-695-2257

Week of December 30

MENU A	MENU B
SUNDAY 12/30	SUNDAY 12/30
Chefs Surprise Dinner Roll / Margarine Fruit Milk	Chefs Surprise Dinner Roll / Margarine Fruit Milk
MONDAY 12/31	MONDAY 12/31
Cheese Omelet Goetta Spiced Peaches Biscuit / Margarine Fresh Fruit Milk	Broccoli Stuffed Chicken Sweet Potatoes Brussel Sprouts Biscuit / Margarine Fresh Fruit Milk

REMINDER:
 If you are **NOT** going to be home to receive your HOME DELIVERED MEAL
PLEASE CALL: 513-695-2256 Option 2, A DAY IN ADVANCE
OR BY 8:00 a.m.

Week of December 1

MENU A:	MENU B:
SATURDAY 12/1	SATURDAY 12/1
Chefs Surprise Dinner Roll / Margarine Fruit Milk	Chefs Surprise Dinner Roll / Margarine Fruit Milk

Week of December 2

MENU A	MENU B
SUNDAY 12/2	SUNDAY 12/2
Chefs Surprise Dinner Roll / Margarine Fruit Milk	Chefs Surprise Dinner Roll / Margarine Fruit Milk
MONDAY 12/3	MONDAY 12/3
Spaghetti And Meatballs Carrots Italian Green Beans Dinner Roll / Margarine Yogurt Milk	Grilled Chicken Cauliflower Diced Tomatoes Dinner Roll / Margarine Yogurt Milk
TUESDAY 12/4	TUESDAY 12/4
Breaded Veal Broccoli Roasted Peppers And Corn Mandarin Oranges Éclair / Angel Food Cake Milk	Chicken Fettuccini Alfredo Wax Beans Mixed Vegetables Mandarin Oranges Éclair / Angel Food Cake Milk
WEDNESDAY 12/5	WEDNESDAY 12/5
Sliced Turkey / Gravy Baked Potato Green Beans Tossed Salad / Dressing W/W Dinner Roll / Margarine Milk	Beef And Macaroni Beets Golden Hominy Tossed Salad / Dressing W/W Dinner Roll / Margarine Milk
THURSDAY 12/6	THURSDAY 12/6
Kielbasa Mashed Potatoes Sauerkraut Dinner Roll / Margarine Peach Applesauce Milk	Sirloin Patty / Gravy Diced Potatoes Cream Corn Dinner Roll / Margarine Peach Applesauce Milk
FRIDAY 12/7	FRIDAY 12/7
Country Fried Steak / Gravy Yellow Squash Broccoli Corn Muffin / Margarine Yogurt Milk	Baked Fish Potato Wedges Peas And Carrots Corn Muffin / Margarine Yogurt Milk
SATURDAY 12/8	SATURDAY 12/8
Chefs Surprise Dinner Roll / Margarine Fruit Milk	Chefs Surprise Dinner Roll / Margarine Fruit Milk

[Week of December 9](#)

MENU A: SUNDAY 12/9	MENU B: SUNDAY 12/9
Chefs Surprise Dinner Roll / Margarine Fruit Milk	Chefs Surprise Dinner Roll / Margarine Fruit Milk
MONDAY 12/10	MONDAY 12/10
Meatloaf / Ketchup Ranch Mashed Potato Seasoned Kale Cookies / S.F. Cookies Fresh Fruit Milk	Sausage And Apples Peas Succotash Cookies / S.F. Cookies Fresh Fruit Milk
TUESDAY 12/11	TUESDAY 12/11
Vegetable Soup Chicken Salad / Croissant Pasta Salad Tropical Fruit Milk	Vegetable Soup Egg Salad / Croissant Cucumber Salad Tropical Fruit Milk
WEDNESDAY 12/12	WEDNESDAY 12/12
Ham / Raisin Sauce Potato Medley Seasoned Green Beans Tossed Salad / Dressing W/W Dinner Roll / Margarine Milk	Grilled Salmon Scalloped Potatoes Capri Vegetables Tossed Salad / Dressing W/W Dinner Roll / Margarine Milk
THURSDAY 12/13	THURSDAY 12/13
Pot Roast / Gravy Baby Bakers Sliced Carrots Dinner Roll / Margarine Mixed Fruit Cup Milk	Manicotti / Marinara Zucchini Peas And Onions Dinner Roll / Margarine Mixed Fruit Cup Milk
FRIDAY 12/14	FRIDAY 12/14
B.B.Q. Riblet / Bun Potato Wedges Brussel Sprouts Fresh Fruit Milk	Steak Hoagie / Bun White Cheddar Pasta Peas Fresh Fruit Milk
SATURDAY 12/15	SATURDAY 12/15
Chefs Surprise Dinner Roll / Margarine Fruit Milk	Chefs Surprise Dinner Roll / Margarine Fruit Milk

[Week of December 16](#)

MENU A: SUNDAY 12/16	MENU B: SUNDAY 12/16
Chefs Surprise Dinner Roll / Margarine Fruit Milk	Chefs Surprise Dinner Roll / Margarine Fruit Milk
MONDAY 12/17	MONDAY 12/17
Beef Stew Spinach Chuckwagon Vegetables Biscuit / Margarine Diced Pears Milk	Sausage Patty Egg Patty Diced Potatoes Biscuit / Margarine Diced Pears Milk
TUESDAY 12/18	TUESDAY 12/18
Chicken And Noodles Stewed Tomatoes Wax Beans W/W Dinner Roll / Margarine Cheese Cake / Sponge Cake Milk	Stuffed Green Pepper Ranch Mashed Potatoes Broccoli W/W Dinner Roll / Margarine Cheese Cake / Sponge Cake Milk
WEDNESDAY 12/19	WEDNESDAY 12/19
Chicken Legs Twice Baked Potato Peas And Carrots Fresh Veggies / Ranch Dip Dinner Roll / Margarine Milk	Breaded Pork Chop Yellow Squash Sugar Snap Peas Fresh Veggie / Ranch Dip Dinner Roll / Margarine Milk
THURSDAY 12/20	THURSDAY 12/20
Swiss Steak Mashed Potatoes Mixed Vegetables Dinner Roll / Margarine Pineapple Tidbit Milk	Grilled Chicken / Gravy Golden Hominy Mixed Greens Dinner Roll / Margarine Pineapple Tidbit Milk
FRIDAY 12/21	FRIDAY 12/21
Hamburger / Bun Baked Beans Criss Cut Potato Fresh Fruit Milk	Fish / Bun Potato Medley Peas And Onions Fresh Fruit Milk
SATURDAY 12/22	SATURDAY 12/22
Chefs Surprise Dinner Roll / Margarine Fruit Milk	Chefs Surprise Dinner Roll / Margarine Fruit Milk

[Week of December 23](#)

MENU A: SUNDAY 12/23	MENU B: SUNDAY 12/23
Chefs Surprise Dinner Roll / Margarine Fruit Milk	Chefs Surprise Dinner Roll / Margarine Fruit Milk
MONDAY 12/24	MONDAY 12/24
CLOSED CHRISTMAS EVE	CLOSED CHRISTMAS EVE
TUESDAY 12/25	TUESDAY 12/25
CLOSED CHRISTMAS DAY	CLOSED CHRISTMAS DAY
WEDNESDAY 12/26	WEDNESDAY 12/26
Pork Roast / Gravy Mashed Sweet Potatoes Peas Tossed Salad / Dressing W/W Dinner Roll / Margarine Milk	Chicken Cordon Bleu Rice Pilaf Mixed Vegetables Tossed Salad / Dressing W/W Dinner Roll / Margarine Milk
THURSDAY 12/27	THURSDAY 12/27
Chicken And Dumplings Seasoned Diced Tomatoes Spinach Bread Stick / Margarine Diced Peaches Milk	Chili With Beans Cream Corn Cinnamon Apples Bread Stick / Margarine Diced Peaches Milk
FRIDAY 12/28	FRIDAY 12/28
Sloppy Joe / Bun Carrots Green Beans Coleslaw Fresh Fruit Milk	Turkey Burger / Bun Roasted Corn And Peppers Maui Vegetables Coleslaw Fresh Fruit Milk
SATURDAY 12/29	SATURDAY 12/29
Chefs Surprise Dinner Roll / Margarine Fruit Milk	Chefs Surprise Dinner Roll / Margarine Fruit Milk