

**DECEMBER 2025**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 SAUSAGE & PEPPERS GRINDER 3 OZ SAUSAGE W/ ROLL 4 OZ SAUCE W/ ONIONS & PEPPERS 4 OZ MIXED VEGETABLES 4 OZ PINEAPPLE	2 3 OZ CHICKEN W/ GRAVY 4 OZ ROASTED POTATOES 4 OZ GREEN BEANS 4 OZ PINEAPPLE	3 6 OZ MACARONI & CHEESE 4 OZ STEWED TOMATOES & ZUCCHINI 1 ORANGE	4 3 OZ ROAST PORK 2 OZ APPLE CIDER GLAZE 4 OZ MASHED POTATOES 4 OZ CALI BLEND VEG 4 OZ APPLE SAUCE 1 OATMEAL RAISIN COOKIE	5 3 OZ SALMON 2 OZ CRANBERRY GLAZE 4 OZ ROASTED POTATOES 4 OZ VEGETABLE BLEND 4 OZ PINEAPPLE
8 3 OZ SWEDISH MEATBALLS 2 OZ GRAVY 4 OZ NOODLES 4 OZ PEAS 4 OZ SAUTED APPLES	9 3 OZ BATTERED FISH 4 OZ FRENCH FRIED 4 OZ BAKED BEANS 4 OZ COLE SLAW 1 BANANA	10 8 OZ BEEF STEW 4 OZ PEAS AND CARROTS 1 BISCUIT 4 OZ PINEAPPLE	11 3 OZ HERB BAKED CHICKEN 4 OZ RICE PILAF 4 OZ SONOMA BLEND VEG 4 OZ PEACHES	12 8 OZ LASAGNA 4 OZ WINTER BLEND VEG 1 BREAD STICK 4 OZ FRUIT COCKTAIL
15 3 OZ CHICKEN CORDON BLEU 4 OZ ROASTED RED POTATOES 4 OZ BEETS 4 OZ FRUIT COCKTAIL	16 8 OZ CHILI 4 OZ MIXED VEGETABLES 1 CORN MUFFIN 4 OZ APPLE CRISP	17 6 OZ CHICKEN PARMESAN 4 OZ PENNE PASTA 4 OZ WINTER BLEND VEG 1 GARLIC KNOT 4 OZ MANDARIN ORANGES	18 3 OZ BAKED COD 2 OZ LEMON SAUCE 4 OZ ROASTED POTATOES 4 OZ SONOMA BLEND VEG 4 OZ TROPICAL FRUIT	19 CHRISTMAS LUNCHEON 3 OZ BAKED HAM 4 OZ SWEET POTATOES 4 OZ GREEN BEAN CASSEROLE 4 OZ SPICED PINEAPPLE CHRISTMAS COOKIES
22 2 MANICOTTI 4 OZ PESTO CREAM SAUCE 4 OZ WINTER BLEND VEG 4 OZ MANDARIN ORANGES	23 3 OZ CHICKEN STROGANOFF 2 OZ CHICKEN & MUSH GRAVY 4 OZ EGG NOODLES 4 OZ BRUSSELS SPROUTS 4 OZ SPICED APPLES	24 3 OZ POT ROAST 2 OZ BEEF GRAVY 4 OZ MASHED POTATOES 4 OZ GREEN BEANS 4 OZ FRUIT JUICE 1 BROWNIE	25 <b>CLOSED MERRY CHRISTMAS!</b>	26 <b>CLOSED MERRY CHRISTMAS!</b>
29 3 OZ BREADED CHICKEN 2 OZ ORANGE SAUCE 4 OZ WILD RICE 4 OZ ORIENTAL BLEND VEG 4 OZ PINEAPPLE	30 8 OZ EGGPLANT PARMESAN 4 OZ ITALIAN BLEND VEG 1 GARLIC KNOT 4 OZ MANDARIN ORANGES	31 BIRTHDAY AND NEW YEAR'S LUNCHEON 3 OZ ROASTED PORK 2 OZ HONEY MUSTARD SAUCE 4 OZ WHITE BEANS 4 OZ SPINACH 4 OZ BIRTHDAY CAKE 4 OZ FRUIT JUICE		

**(Menu subject to change without notice)**

FOOD ALLERGY WARNING: Please be advised that our food may have come in contact with or contain peanuts, tree nuts, soy, milk, eggs, wheat, shellfish, or fish.

**Please advise a staff member of any food allergies prior to consumption of meals. Thank you!**

RESERVATIONS AND CANCELLATIONS FOR MEALS NEED TO BE MADE 24 HRS IN ADVANCE  
CONGREGATE DINERS PLEASE CALL THE ESTUARY RESERVATION LINE AT 860-388-1611 X216 BEFORE 11am  
HOMEBOUND CLIENTS PLEASE CALL 860-388-1611 X217

**THIS MENU MEETS 1/3 RDA AND CONFORMS TO U.S. DIETARY GUIDELINES – CERTIFIED BY LAURA ROBBINS, RDN**

8 oz. – 1% milk      Multi-grain breads are served with each meal unless noted above      Condiments are served as posted