

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 CLOSED MERRY CHRISTMAS!	26 CLOSED MERRY CHRISTMAS!
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