

DECEMBER MENU

ROCK SENIOR CENTER

Mon

Tue

Wed

Thu

Fri



DECEMBER MENU
Menu is for ALL our senior centers. Please call your center with questions/comments.

				1 CLOSED
4 Chicken Parmesan over Linguine Italian Veggies Garlic Bread Mandarin orange/ pineapple cup	5 Beef Stroganoff/ Noodles Mixed Vegetables Coleslaw Apple	6 Swiss Steak Sour Cream & Chive Potatoes Diced Carrots Fruit Cup	7 Pork Choppette Boiled Potatoes Peas Chunky Applesauce	8 CLOSED
11 Tasty Hamburger Casserole Winter Blend Veggies Escalloped Apples	12 BBQ Ham Balls Parsley Potatoes Brussel Sprouts Pineapple Cake	13 Chicken Cordon Bleu Twice-Baked Potatoes California Blend Fresh Fruit Christmas Dessert	14 Pasty Tropical Fruit Coleslaw	15 CLOSED
18 Chicken Breast Philly Mashed Potatoes Spinach Salad Apple	19 Callifornia Medley Soup Meat Sandwich Pea & Cheese Salad Fruit	20 Ham; Sweet Potatoes Green Bean Casserole Ambrosia Dinner Roll; Dessert	21 Liver and Onions Mashed Potatoes Country Trio Vegetables Pears; Rye Bread	22 CLOSED
25 CLOSED CHRISTMAS	26 CLOSED CHRISTMAS	27 Hamburger on Bun Oven Potatoes Mixed Vegetables Fruit	28 Tater Tot Casserole Vegetable Blend Fruited Pudding Dessert	29 CLOSED

HOW DO I GET TO THE SENIOR CENTER?

WEEKLY ACTIVITIES (center closed on Fridays): **ROCK** 356-6420

Every Monday, Dime bingo, 12:30-2:15 p.m.

Every Tuesday, Play cards, 1-4:30 p.m. Evening meal, 5 p.m.

Every Wednesday, Play cards, 10:30 a.m. to 3 p.m.

OTHER ACTIVITIES:

TEFAP Food Distribution, Dec. 7, 8 a.m.-1 p.m. Bake sale, Dec. 12. Movie Day (It's a Wonderful Life!), Dec. 12, 2 p.m. Christmas Meal, Dec. 13, noon (call 356-6420 at least one day prior to reserve a seat). Annual Cookie Exchange, Dec. 18, 10 a.m. Spin the wheel, Dec. 19, 6 p.m. Monthly Food Distribution, Dec. 20, 8 a.m. to 3 p.m. Birthday Party, Dec. 20, noon (call 356-6420 at least one day prior to reserve a seat). Center closed for Christmas, Dec. 25-26.