






For SENIORS "60" PLUS
Lunch Served at Noon
Mon-Tue- Thur- Fri

Susanville Nutrition
1700 Sunkist Drive
December 2017

Make Reservations
1 day in advance
Phone 257-2113

Monday	Tuesday	Wednesday	Thursday	Friday
HAPPY HOLIDAYS 		SUGGESTED DONATION Seniors \$3.50 Homebound \$3.50 Center Transportation \$1.00		1 Lasagna Green Salad Steamed Spinach Banana Slices French Roll 2% Milk
4 Roast Chicken Marinated Vegetables Brown Rice Strawberries Ice Cream Milk	5 Turkey Enchiladas Spanish Rice Pinto Beans Spinach Salad Citrus Milk	6 DINING--CLOSED	7 Pork Roast Peas/Cauliflower Apple Slices WW Bread Milk	8 Sweet & Sour Chicken Stir Fry Vegetables White Rice Mandarin Oranges Milk
11 Turkey Chili Green Salad with Tomatoes Steamed Spinach Pears Whole Wheat Bread Milk	12 French Dip Sandwich Mixed Vegetables Mashed Potatoes Apple Juice Fruit Cocktail Bread Milk	13 DINING--CLOSED	14 Spaghetti with Meat Sauce Green Salad Sliced Oranges Garlic Bread Milk	15 Corned Beef & Cabbage Potatoes & Carrots Yogurt & Fruit Bread Milk
18 Macaroni & Cheese with Sausage Roasted Vegetables Mandarin Orange Jello Oat Muffin Milk	19 Roast Beef Brussel Sprouts New Potatoes Apricots Roll Milk	20 DINING--CLOSED	21 Chicken & Dumplings Carrots & Green Beans Orange Juice Cake & Ice Cream Milk	22 CLOSED 
CLOSED 25 	26 Lemon Chicken Au Gratin Potatoes Steamed Broccoli Apricots Milk	27 DINING--CLOSED	28 Pizza Green Salad Orange Sections Cupcake e Milk	29 CLOSED 