

CZM December

Congregate and Home-Delivered Meal Program

Mid-America Nutrition Program, Inc.
 1538 N Industrial Ave, Ottawa, KS 66067
 Office/Kitchen - 785-242-8341

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Cancellations <u>must</u> be made 24 hours in advance</p> <p>Suggested meal donation • \$3.00</p>	<p>All meals served with 2% milk</p> <p>Menus subject to change.</p> <p>DX indicates Diabetic substitution LS indicates Low Salt substitution</p>		<p>HAM-LS SWT. POTATOES-DX GREEN BEANS ROLL SCALLOPED APPLES</p> <p style="text-align: right;">1</p>	<p>MEATBALLS FETT. ALFREDO BROCCOLI BREAD APRICOTS</p> <p style="text-align: right;">2</p>
<p>BAKED CHICKEN 5 BAKED POTATO CALIF. BLEND WHEAT BREAD FRUIT COCKTAIL</p>	<p>SALISBURY STEAK 6 MASHED POTATOES GRAVY LIMA BEANS WHEAT BREAD PEACHES</p>	<p>PASTA BAKE 7 STEAMED CARROTS TEXAS TOAST SUNSHINE FRUIT</p>	<p>CKN. FRIED STEAK 8 MASHED POTATOES GRAVY BRUSSEL SPROUTS ROLL BANANA PUDDING-DX</p>	<p>CHILI 9 COLESLAW CRACKERS CINNAMON ROLL</p>
<p>SPAGHETTI W/ MEAT SAUCE 12 SALAD SUCCATASH TEXAS TOAST FRUIT CUP</p>	<p>HAM & BEANS-LS 13 ZUCCHINI & TOMATOES WHEAT ROLL JELLO W/FRUIT-DX</p>	<p>HOT TURKEY 14 SANDWICH WINTER BLEND MASHED POTATOES WHEAT BREAD PLUMS</p>	<p>BEEF & NOODLES 15 PRINCE EDWARD- VEGETABLES WHEAT BREAD STRAWBERRIES-DX CHEESECAKE-DX</p>	<p>PORK CUTLET 16 SWT. POTATOES-DX RAW VEG. SALAD WHEAT ROLL APPLESAUCE</p>
<p>SWISS STEAK 19 AUGRATIN POTATO BROCCOLI WHEAT BREAD PINEAPPLE TIDBITS</p>	<p>SLOPPY JOE 20 GREEN BEAN SALAD STRAWBERRIES & PEACHES BUN COOKIE</p>	<p>BIRTHDAY DAY! 21 CKN. FRIED CKN. MASHED POTATO GRAVY GREEN BEANS ROLL CAKE & ICE CREAM</p> 	<p>TURKEY ROAST 22 MASHED POTATOES GRAVY GARDEN BLEND ROLL PIE</p>	<p> HAPPY HOLIDAYS! ALL CENTERS CLOSED</p> <p style="text-align: right;">23</p>
<p> HAPPY HOLIDAYS! ALL CENTERS CLOSED</p> <p style="text-align: right;">26</p>	<p>TACO SALAD 27 RED BEANS & RICE LETTUCE TORTILLA CHIPS APRICOTS</p>	<p>BEEF STEW 28 COLESLAW BISCUIT PEACH CUP</p>	<p>HOT DOG-LS 29 CABBAGE BAKED BEANS BUN COOKIE</p>	<p> HAPPY NEW YEAR ALL CENTERS CLOSED</p> <p style="text-align: right;">30</p>