



## Monthly Schedule December 2017

10/15/2017 11:53:56 AM

Pottstown Area Seniors Center

December 2017						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Baked Ziti Tossed Salad Whole Grain Dinner Roll	2
3	4 Individual Shepherd's Pie Green Salad	5 Tortellini & Baby Sea Scallops with Sundried Tomatoes & Creamy Pesto Sauces Fresh Fruit Garlic Toast	6 Pineapple Chicken served over Brown Rice Roasted Vegetables	7 Salmon, Green Onion & Potato Quiche with dill yogurt drizzle Green Salad	8 Stuffed Acorn Squash with Apples, Brown Rice, Leeks Cranberries & Quinoa with a balsamic glaze on a bed of greens	9
10	11 Roasted Turkey "Special" Wrap with slaw, 1000 Island Dressing & Swiss Sweet Potato Bites Fruit	12 Sausage, Egg & Cheese Frittata Apple & Broccoli Salad	13 Meatloaf with Red Wine Mushroom Gravy Smashed Red Skin Potatoes Roasted Brussel Sprouts	14 Crab Cake Sandwich with Lettuce, Tomato & Old Bay Mayo Carrot & Apple Slaw Fresh Fruit	15 Vegetarian Chili with Honey & Cheddar Corn Bread Top Seasonal Fresh Fruit	16
17	18 Cuban Slider with Black Bean Soup Fruit	19 Roasted Vegetable & Mozzarella "Calzone" with Marinara Dipping Sauce	20 Pork & Sauerkraut with House- made Apple Sauce Roasted Potatoes Garlic Green Beans	21 Baked French Toast with Blueberry Syrup Fresh Fruit	22 Baked Chicken Parmesan Green Salad Whole Grain Roll	23
24	25 TRAAC Cafe Closed Today!	26 TRAAC Cafe Closed Today!	27 Baked Ziti Tossed Green Salad Fruit	28 Fish & Chips Cole Slaw Fruit	29 Pot Luck!	30

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31						