

December 2025

Meal Calendar

Dexter Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken Parmesan Wheat bread Green beans Apple Low fat milk, Margarine	2 Hamburger Stroganoff Wheat Bread Peas and pearl onions Mixed fruit Low fat milk , Margarine	3 Oven Roasted Tilapia Citrus lentil rice Whole wheat bread Broccoli, Apple Low fat milk, Margarine	4 Meatballs Brown rice Wheat bread Cauliflower, Papaya/Mango Low fat milk, Margarine	5 Black bean burger Whole wheat bun Brown lentils Mixed veggies, Pineapple Low fat milk Cilantro/creme sauce
8 Cheesy Squash Chicken Bake Wheat roll Broccoli, Apple Low fat milk, Margarine	9 Beef Barley Casserole Wheat bread Side garden salad Carrots, Orange, Low fat milk Margarine FF Italian dressing	10 Dijon baked salmon Seasoned black beans Whole wheat bread Malibu Veg Blend Peaches Low fat milk, Margarine	11 Beef Goulash Wheat bread California blend Tomatoes in sauce, Apple Low fat milk Margarine	12 Tuna Noodle Casserole Wheat Bread Side salad Papaya and Mango Low fat milk, Margarine FF Italian dressing
15 Chicken A La King Egg noodles Wheat Bread Carrots, Gala Apple Low fat milk, Margarine	16 Meaty Spaghetti Whole wheat bread Broccoli Pineapple Low fat milk, Margarine	17 Beef Chili Wheat Bread, WW crackers Spinach salad, Orange Low fat milk, Margarine FF Italian dressing	18 Turkey Barley Soup Menu Item Wheat bread Side garden salad Papaya and Mango Low fat milk, Margarine	19 Lentil Bolognesi Wheat rotini Wheat bread, Green Beans Tropical Fruit Low fat milk, Margarine
22 Chicken Fettucine Alfredo Wheat Bread Prince Charles blend Peaches Low fat milk, Margarine	23 Pot Roast Roasted sweet potato Wheat bread California blend Gala apple, Low fat milk Margarine	24 <u>Christmas Eve</u> White bean chicken chili Crackers Side salad Orange Low fat milk, Fat free Italian	25 <u>Christmas Day</u> (Closed) Meals on Wheels, Chelsea Hospital Holiday Meal	26 (Closed)
29 Chicken Parmesan Wheat bread Green beans Apple Low fat milk Margarine	30 Hamburger Stroganoff Wheat Bread Peas and pearl onions Mixed fruit Low fat milk Margarine	31 Oven Roasted Tilapia Citrus lentil rice Whole wheat bread Broccoli, Apple, Low fat milk Margarine		