December 2026 Meal Calendar Dexter Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Note 1: **Low fat milk and margarine are included in every regular meal (those in black print).**	**1** Roasted Turkey Mashed Potatoes Broc/Cauli/Carrot Blend Trop Fruit Salad/WW Roll **Alternate Selection:** Turkey Sandwich	**2** Oven Roasted Tilapia Citrus Lentil Rice Broccoli/Wheat Bread Mandarin Oranges **Alternate Selection:** Chicken Chili	**3** Chicken Parmesan Green Beans Apple Wheat Bread **Alternate Selection:** Chicken Wild Rice Soup	**4** Black Bean Burger WW Bun/Mixed Veggies Brown Lentils Pineapple **Alternate Selection:** Chicken Salad Sandwich
7 Cheesy Squash Bake WW Roll/Broccoli Butternut Squash Apple **Alternate Selection:** Chili	**8** Chicken Lentil Soup WW Roll/Crackers Vegetables in Soup Side Salad/Pineapple **Alternate Selection:** Roast Beef Sandwich	**9** Dijon Salmon Seasoned Black Beans Malibu Veggie Blend Wheat Roll/Peaches **Alternate Selection:** Tuna Salad Sandwich	**12** Tuna Noodle Casserole Malibu Veggie Blend WW Bread Papaya and Mango **Alternate Selection:** Turkey Barley Soup	**11** Beef Goulash California Blend Veggies Wheat Bread Orange **Alternate Selection:** Chicken Sandwich
14 Turkey Barley Soup Garden Salad Papaya and Mango Wheat Bread **Alternate Selection:** Egg Salad Sandwich	**15** Roasted Chicken Thigh WW Roll/Crackers Mashed Potatoes Green Beans/Diced Pears **Alternate Selection:** Chicken Chili	**16** Beef Chili WW Bread/Crackers Cherry Tomatoes Orange/FF Dressing **Alternate Selection:** Turkey Sandwich	**17** Chicken Tenders Green Beans WW Roll/Peaches Quinoa **Alternate Selection:** Chicken Wild Rice Soup	**18** Quinoa Corn Cake/Tofu Mixed Veggies Trop Fruit Blend WW Bread/Tofu Sauce **Alternate Selection:** Chicken Salad Sandwich
21 Corn & Tempeh Chowder WW Crackers/Roll Side Salad Applesauce **Alternate Selection:** Roast Beef Sandwich	**22** Mediterranean Chicken Rice/WW Bread Garden Veggie Blend Papaya/Mango **Alternate Selection:** Turkey Barley Soup	**23** BBQ Chicken Breast Brown Rice/WW Bread Broc and Cauli/Pineapple Tomato Cuc Salad **Alternate Selection:** Tuna Salad Sandwich	**24**  Closed	**25**  Closed
28 Meatballs Brown Rice/WW Bread Cauliflower Papaya/Mango **Alternate Selection:** Egg Salad Sandwich	**29** Roasted Turkey Mashed Potatoes Broc/Cauli/Carrot Blend Trop Fruit Salad/WW Roll **Alternate Selection:** Turkey Sandwich	**30** Oven Roasted Tilapia Citrus Lentil Rice Broccoli/Wheat Bread Mandarin Oranges **Alternate Selection:** Chicken Chili	**31** Chicken Parmesan Green Beans Apple Wheat Bread **Alternate Selection:** Chicken Wild Rice Soup	**Note 2:** Sides, such as salad and/or fruit are included with **alternate** meals (those in **red** print).