

HADDAM SENIOR CENTER MENU

DECEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 SENIOR CENTER CLOSED
4 SAUSAGE & PEPPERS GRINDER 3 OZ SAUSAGE W/ ROLL 4 OZ SAUCE W/ ONIONS & PEPPERS 4 OZ MIXED VEGETABLES 1 ORANGE	5 6 OZ CHICKEN STEW 4 OZ PEAS AND CARROTS 1 BISCUIT 4 OZ MANDARIN ORANGES	6 SENIOR CENTER CLOSED	7 3 OZ SALMON 2 OZ CRANBERRY GLAZE 4 OZ ROASTED POTATOES 4 OZ VEGETABLE BLEND 4 OZ PINEAPPLE	8 SENIOR CENTER CLOSED
11 3 OZ SWISS STEAK 2 OZ TOMATO GRAVY 4 OZ MASHED POTATOES 4 OZ CARROT COINS 4 OZ FRUIT COCKTAIL	12 Pizza and A Movie "Miracle on 34 th Street"	13 SENIOR CENTER CLOSED	14 HOLIDAY POTLUCK	15 SENIOR CENTER CLOSED
18 3 OZ CHICKEN CORDON BLEU 4 OZ ROASTED RED POTATOES 4 OZ BEETS 4 OZ MANDARIN ORANGES	19 4 OZ SPAGHETTI W/ 3 OZ MEATBALLS 2 OZ MARINARA SAUCE 4 OZ BROCCOLI 1 GARLIC KNOT 1 ORANGE	20 SENIOR CENTER CLOSED	21 3 OZ ROAST PORK 2 OZ APPLE CIDER GLAZE 4 OZ MASHED POTATOES 4 OZ CALI BLEND VEG 4 OZ APPLE SAUCE 1 OATMEAL RAISIN COOKIE	22 SENIOR CENTER CLOSED
25 CHRISTMAS HOLIDAY CLOSED	26 FISH & CHIPS 3 OZ FISH 4 OZ FRENCH FRIES 4 OZ BAKED BEANS 4 OZ COLE SLAW 1 BANANA	27 SENIOR CENTER CLOSED	28 Pizza and A Movie "Golda"	29 SENIOR CENTER CLOSED

(Menu subject to change without notice)

**RESERVATIONS AND CANCELLATIONS FOR CONGREGATE DINING NEED TO BE MADE 24 HRS IN ADVANCE
BY CALLING THE SENIOR CENTER AT 860-345-2480 BEFORE 11:00A.M.
HOMEBOUND CLIENTS CAN CALL LAURA AT 860-388-1611 X217**

**THIS MENU MEETS 1/3 RDA AND CONFORMS TO U.S. DIETARY GUIDELINES – CERTIFIED BY LAURA ROBBINS, RDN
8 oz. – 1% milk Multi-grain breads are served with each meal unless noted above Condiments are served as posted**