





# DECEMBER 2023 - LOW SODIUM MEAL



LICKING COUNTY  
AGING PARTNERS

				COLD MEAL CHOICE	FRIDAY
				Grilled Chicken Wrap w/ Bell Peppers, Onions, Lettuce, Tomatoes & Cucumbers Fruit Cup	Pea Soup with Smoked Sausage Fresh Carrots Fresh Fruit
COLD MEAL CHOICE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pesto Grilled Chicken and Avocado Salad Cucumbers, Tomatoes, Onion & Feta Cheese	Salmon Burger Sweet Potatoes Roasted Green Beans Fresh Fruit	Garlic Butter Chicken Mashed Potatoes Buttered Peas Fresh Fruit	Turkey Meatloaf Steamed Cauliflower Zucchini Fruit Cup	Chicken & Spinach Pasta w/ Parmesan Peas & Carrots Fruit Cup	Hamburger Casserole w/ Potatoes, Onions Tomatoes & Green Beans Buttered Corn Fresh Fruit
Turkey Chef Salad Croissant Cucumber Slices Fruit Cup	Baked Chicken & Rice Casserole Tossed Salad Fruit Cup	German Schwenkbraten (German Pork Chops) Potato Salad Cole Slaw Fruit Cup	Southwest Veggie Bowl Roasted Tomatoes Malibu Veggie Blend Fruit Cup 	Sweet Potato Crusted Fish Lemon Herbed Rice Kyoto Veggie Blend Fruit Cup	Cheese Stuffed Manicotti w/ Marinara Sauce Buttered Corn Peas & Carrots Fresh Fruit
Hawaiian BBQ - Chicken Wrap Tropical Coleslaw Mandarin Oranges	Honey-Balsamic Chicken Thighs Baby Baker Potatoes Glazed Carrots Fruit Cup	Roasted Veggies with Penne Pasta Garlic Parmesan Sauce Fruit Cup	Beef Kabobs Mushrooms, Onions, Peppers & Zucchini Rice Blend Fruit Cup	Peach BBQ Pork Loin Mashed Potatoes w/ Sour Cream & Chives California Blend Veggies Fruit Cup	Jerk Chicken Red Beans & Tomatoes Brown Rice Fresh Fruit 
Greek Yogurt Chicken Salad with Dill Grapes, Celery, Onion and Almonds	LCAP CLOSED 	LCAP CLOSED 	Roasted Salmon Pineapple-Cilantro Rice Black Beans & Corn Maui Veggie Blend Fruit Cup	Honey-Dijon Pork Chops Baby Baker Potatoes Buttered Corn Fruit Cup	Turkey Vegetable Soup Tossed Salad Whole Wheat Crackers Fruit Cup

\*All meals include two servings of grains, apple-butter, & a carton of whole milk - Ingredient information available at: [www.lcap.org/menu](http://www.lcap.org/menu)\*

Please call the office by 4pm the day before to cancel a meal. 740-345-0821 Ext. 3

Our 'Cold Meal Choice' offerings are all low sodium - Menu is always subject to change, based on product availability.