



DECEMBER 2023 - REGULAR MEAL



LICKING COUNTY
AGING PARTNERS

				FRIDAY
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
4 Country Fried Steak Au-Gratin Potatoes Brussel Sprouts Fig Bar Fruit Cup	5 Spaghetti Bake w/ Tomatoes & Mushrooms Buttered Carrots Fruit Cup	6 Cod Fish Fillet Baby Baker Potatoes Steamed Broccoli Fresh Fruit	7 Cilantro-Lime Chicken Tortilla with Spanish Rice Black Beans Mexican Corn Fresh Fruit	1 Cheeseburger Soup Tossed Salad Cottage Cheese Pineapple
11 Bratwurst on a Bun Sauerkraut Buttered Carrots Edamame Fruit Cup	12 Chicken Parmesan California Blend Veggies Side Salad Fruit Cup	13 Veggie Burger with Cheese Roasted Potatoes Fruit Cup	14 Red Beans & Rice with Sausage Vegetable Blend Diced Tomatoes Fruit Cup	8 Open Face Beef Sandwich over Mashed Potatoes Glazed Carrots Sliced Apples
18 Chipped Beef Gravy over Biscuits Buttered Peas Sunshine Carrots Banana	19 Teriyaki Meatballs over Fried Rice Mixed Vegetables Carrots & Ranch Fruit Cup	20 Creamed Spinach w/ Farmer's Cheese & Poha Rice Garlic Naan Bread Zucchini Coins Fruit Cup	21 Ham & Turkey Chef Salad Croissant Cucumber Slices Fruit Juice	15 Scalloped Potatoes with Ham Peas & Carrots Zucchini Yogurt & Muffin
25 LCAP CLOSED 	26 LCAP CLOSED 	27 Homestyle Beef-n-Noodles Mashed Potatoes Buttered Peas Fresh Fruit	28 Tilapia Fillet Baby Baker Potatoes Parmesan Broccoli Fruit Cup	22 Honey Glazed Ham Green Bean Casserole Buttermilk Biscuit Dutch Apple Pie
				29 Smoked Sausage w/ Sauerkraut & Potatoes Fresh Fruit Brownie

***All meals include two servings of grains, butter & a carton of whole milk - Ingredient information available at: www.lcap.org/menu*
Menu is always subject to change - based on product availability.**

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