PENDER ADULT SERVICES MENU – DECEMBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday
1	1 Hot Dog on Bun Baked Beans Coleslaw Peach Cobbler 2% Milk	2 Oven Fried Chicken Dirty Rice Green Beans Fruit Cup Biscuit/Margarine 2% Milk	3 Stuffed Cabbage Succatash Fruit of Choice Roll/Margarine 2% Milk	4 Chicken Salad Pasta Salad Three Bean Salad Pineapple Tidbits Croissant 2% Milk
7 Swedish Meatballs over Noodles Bu. Broccoli Mandarin Oranges Biscuit 2% Milk	8 Mango Chicken Rice Pilaf Stir Fry Veg Mix Tropical Fruit Mix Spring Roll 2 % Milk	9 Ranch Pork Chop Butter Beans Collard Greens Peaches Cornbread 2 % Milk	10 Chicken & Dumpings Glazed Baby Carrots Tropical Fruit Mix Roll/Margarine 2 % Milk	11 Chef Salad w/ Turkey, Cheese, Vegetables Sun Chips Fruit Cup Crackers/Dressing 2 % Milk
14 Pollock Wings/Tartar Sc Potatoes Au Gratin Coleslaw Rosy Pears Hushpuppies 2 % Milk	15 Salisbury Steak Mashed Potatoes/Grav Steamed Cabbage Peaches Cornbread/Margarine 2 % Milk	16 Chpd BBQ Chicken Macaroni & Cheese California Blend Veg Mixed Fruit Biscuit/Margarine 2 % Milk	17 Pot Roast Mashed Potatoes/Gravy Green Peas Fresh Orange Roll/Margarine 2 % Milk	18 Vegetable Soup Deli Sandwich Oyster Crackers Fruit of Choice Cookie 2% Milk
21 	22 	23 **CLOSED FOR HOLIDAY**	24 **CLOSED FOR HOLIDAY**	25 
28 **KITCHEN CLOSED**	29 **KITCHEN CLOSED**	30 **KITCHEN CLOSED**	31 Meat – at least 2 oz Casserole – 6 oz Veg/Fruit – 1/2 c Condiments as needed	Approved by: Kathleen Sedoma, RD, LDN