


MENU - DECEMBER 2018

AMARGOSA SENIOR CENTER

443 Desert Senior Lane - Amargosa Valley, NV 89020

Congregate DINNER Served Mon-Thu 4:30 PM to 5:30 PM

Congregate BREAKFAST Served: FRI 9:00 AM TO 10:00 AM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
#6 DEC 03 Baked Fish Filet Creamy Coleslaw French Baked Potatoes Garden Salad w/CreamyDressin Strawberries	DEC 04 Southwest BBQ Chicken Sandwich on WW Bun Green Beans Corn on the cob Ambrosia	#13 DEC 05 Turkey Chili Butternut Squash Cornbread Ambrosia Fresh Banana	#96 DEC 06 Beef Tacos w/ Thick/Chky Salsa Guacomole Broccoli and Cauliflower Mexican Corn Saute Apricots	DEC 07 *BREAKFAST* Biscuits and Gravy Scrambled Eggs w/ LS Sausage Oatmeal Yogurt w/Strawberries&Bananas Orange Juice
#156 DEC 10 Chicken Tenders Green Beans Broccoli Salad Sugar Free Orange Gelatin w/Mandarin Oranges	DEC 11 Hot Turkey Sand on WW Bun Peas and Carrots Tomatoes Vinagrette Rice Crispy Treat Fresh Orange Sections	#149 DEC 12 Roast Pork Tenderloin Potato Salad and Spring Salad Scalloped Corn Simmered Beans w/ Bacon Tropical Fruit Cup Dinner Rolls	#39 DEC 13 Spaghetti in Meat Sauce Zucchini and Colorful Salad FF Creamy Italian Dressing Italian Bread Apple/Grape Fruit Cup	DEC 14 *BREAKFAST* ww Waffles w/Strawberries Scrambled Eggs Low Sodium Bacon Fruit in Season Orange Juice
DEC 17 Beef Liver and Onions Mashed Potatoes & Gravy Carrots and a Garden Salad Garden Salad w/CreamyDressin Cantalope	DEC 18 Oven Fried Chicken Baked Butternut Squash Salad With Honey Dressing Orange/Grape Fruit Cup Cracked Wheat Bread	#9 DEC 19 Beef Stroganoff & Noodles Green Beans Orange Spinach Salad Fruit in season WW Bread	DEC 20 CHRISTMAS PARTY Prime Rib Roast Oven baked potato Green Beans WW Dinner Rolls Garden Salad w/Honey Dress.	DEC 21 *BREAKFAST* Biscuits and Sausage Gravy Scrambled Eggs LS Sausage Oatmeal Orange Juice Yogurt w/Strawberries&Bananas
DEC 24 CLOSED CHRISTMAS EVE	DEC 25 CLOSED CHRISTMAS DAY	DEC 26 Chili Cheese Baked Potato Steamed Carrots WW Banana Muffin FF Blueberry Yogurt Orange Juice	#138 DEC 27 Spinach Lasagna Steamed Califlower Garden Salad w/Honey Dress. Garlic Bread Slice Strawberry/Banana Yogurt Strawberries	DEC 28 *BREAKFAST* WW Pancakes w/peaches Scrambled Eggs w/onions & GP Fresh Fruit in Season (2) Oatmeal Orange Juice
DEC 31 BBQ Beef Sandwich Roasted Potatoes w/herbs Steamed Spinach Creamy Coleslaw Citrus Delight	MERRY CHRISTMAS AND HAPPY HOLIDAYS 	MENU SUBJECT TO CHANGE 1% Milk, Tea, & Lemonade Served Daily Salad \$1.00 when not on menu	A \$3.00 Donation for Seniors over 60 Years of Age is Suggested A \$6.00 Fee is Required for non-seniors <i>Call for more information</i> <i>775-372-5413</i>	