



DECEMBER 2017 CONG. MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1/ FISH/RICE/WG BREAD SUCCOTASH BLEND KEYWEST VEGGIE PEARS/MILK
4/ TURKEY/CHEESE/BREAD CARROT SALAD/APPLE CUCUMBER SALAD/MILK	5/ CHILI/CORNBREAD NORMANDY BLEND SPICED APPLES/MILK	6/ NO LUNCH SERVED	7/ LASAGNA/BREADSTICK BRUSSEL SPROUTS VEG. BLEND/PEAR/MILK	8/ TUNA NOODLE/WG ROLL PEAS & ONIONS CARROTS/BERRIES/MILK
11/ HAM/CHEESE/SUB BUN POTATO SALAD COLE SLAW PEAR/MILK	12 GOULASH/WG ROLL CARRIBEAN BLEND LIMA BEANS BLUEBERRIES/MILK	13/ NO LUNCH SERVED	14/ MAC & CHEESE/WG ROLL GREEN BEANS/CARROTS APPLESAUCE/MILK	15/ HAMBURGERS/CHEESE/BUN BABY BAKERS MIXED VEGGIES/PEACHES MILK
18/ CHICKEN SALAD/BREAD CHERRY TOMATOES CUCUMBERS/TROP. FRUIT MILK	19/ SLOPPY JOE/WG BUN MIXED VEGGIES REDSKIN POTATOES ORANGE/MILK	20/ NO LUNCH SERVED	21/ BBQ CHICKEN/WG BREAD SWEET MASH POTATOES BRUSSEL SPROUTS PEAR/MILK	22/ HAM/MASHED POTATOES GREEN BEANS/WG BREAD APPLE/MILK
25/ NO LUNCH SERVED	26/ NO LUNCH SERVED	27/ NO LUNCH SERVED	28/ CHICKEN PATTY/WG BUN BEETS/BROCCOLI BLEND ORANGE/MILK	29/ ITALIAN SAUSAGE/WG BUN PEPPERS & ONIONS CARROTS/FRUIT COCKTAIL MILK

All meals are served with 1% milk and margarine unless otherwise noted. For more information call (517) 279-8249 or 1-877-422-2726 or visit our website at www.caasc.org **Funded by Area Agency on Aging Region 3B and III-C, Calhoun County Senior Millage, United Way of Greater Battle Creek, Branch County Community Foundation, Branch County United Way, and your generous donations. In accordance with Federal law (Civil Rights Act of 1964) and U.S. Department of Agriculture policy: This institution is prohibited from discriminating on the basis of race, color, religion, national origin, age, sex, sexual orientation, weight, height, marital status, political beliefs or disability. To file a complaint of discrimination, contact: Area Agency on Aging Region 3B, Michigan Offices of Services to the Aging, US Department of Health and Human Services, Michigan Department of Civil Rights, or write USDA, Director, Office of Civil Rights, 1400 Independence Ave S.W., Washington, D.C. 20250-941 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY).

*******MENU SUBJECT TO CHANGE*******

CRANBERRIES

Nutrition Facts

Serving Size: 1 oz

Amount Per Serving

Calories from Fat 0

Calories 13

	% Daily Values*
Total Fat 0.04g	0%
Saturated Fat 0.003g	0%
Polyunsaturated Fat 0.016g	
Monounsaturated Fat 0.005g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Potassium 24mg	
Total Carbohydrate 3.46g	1%
Dietary Fiber 1.3g	5%
Sugars 1.15g	
Protein 0.11g	
Vitamin A 0%	Vitamin C 6%
Calcium 0%	Iron 0%

Cranberry Nut Bread

Ingredients

2 cups all-purpose flour
1 cup white sugar
1 1/2 teaspoons baking powder
1 teaspoon salt
1/2 teaspoon baking soda
1/4 cup butter

1 egg
3/4 cup orange juice
1 tablespoon grated orange zest
1 1/2 cups fresh or frozen cranberries
1/2 cup chopped walnuts

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease an 8x4 inch loaf pan. In a medium bowl, mix together the flour, sugar, baking powder, salt and baking soda. Cut in the butter until the mixture resembles coarse crumbs. In a small bowl, beat the egg, orange juice and orange zest. Blend into the dry mixture. Stir in the cranberries and walnuts. Transfer to the loaf pan. Bake in the preheated oven 65 to 70 minutes, or until a wooden toothpick inserted at center comes out clean. Cool in pan 10 minutes, remove to wire rack and cool completely before serving.

