


DECEMBER HDM 2021 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1/ REHEAT FROZEN TO 165°	2/ BEEF STEW/BISCUITS LIMA BEANS/APPLESAUCE MILK	3/ REHEAT FROZEN TO 165°
6/ TUNA SALAD/WG BREAD COLESLAW/BEETS/APPLE MILK	7/ CHICKEN CAVATAPPI WG BREAD/BRUSSEL SPROUT NORMANDY VEG/ORANGE MILK	8/ REHEAT FROZEN TO 165°	9/ MEATLOAF/WG CORNBREAD MASHED POT/CARROTS APRICOTS/MILK	10/ REHEAT FROZEN TO 165°
13/ CHICKEN TENDERS/BREAD CAPRI VEGGIE/REDSKIN POT APPLE/MILK	14/ HAM/CHEESE/WG SUB BUN BROCCOLI SLAW/POT SALAD BANANA/MILK	15/ REHEAT FROZEN TO 165°	16/ GOULASH/WAX BEANS EUROPEAN VEGGIE/WG ROLL FRUIT COCKTAIL/MILK	17/ REHEAT FROZEN TO 165°
20/ POLISH SAUSAGE/WG BUN PEPPERS & ONION BLEND CAULIFLOWER/BERRIES/MILK	21/ HAM STEAK/SCALLOPED POT MIXED VEG/PINEAPPLE WG ROLL/MILK	22/ REHEAT FROZEN TO 165°	23/ HOLIDAY REHEAT FROZEN TO 165°	24/ HOLIDAY REHEAT FROZEN TO 165°
27/ SAUSAGE GRAVY/BISCUIT SAUSAGE LINKS/SCAN. VEG CUBED POTATOES MANDARIN ORANGES/MILK	28/ CHICKEN LEGS/CRACKERS NANTUCKET VEG/SALAD APPLESAUCE/MILK	29/ REHEAT FROZEN TO 165°	30/ HOLIDAY REHEAT FROZEN TO 165°	31/ HOLIDAY REHEAT FROZEN TO 165°

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.