

## Longe Community Table Dining Program Well-being as we age

## December 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Tender Beef Strips w/ mushroom gravy over egg noodles Green Beans Dinner Roll Applesauce	Grilled Cheese Sandwich Tomato Bisque Soup Sun Chips Fruit	Crispy Fish Fillet on Hoagie Roll w/ Lettuce and Tarter Coleslaw French Fries Pineapple	Grilled Chicken Breast Pea and Cheese Salad Garlic Herb Potatoes Peaches	Baked 3 Cheese Ziti Garden Salad Vegetables Garlic Bread Fruit
Oven Roasted Chicken Rice Pilaf Glazed Carrots Fruit	Tuna Melt Garden Salad Sun Chips Fruit	Taco Salad w/ Tortilla chips, Beef, Beans, Lettuce, Salsa, and Sour Cream Mandarin Oranges Cookie	Salisbury Steak Mashed Potatoes & gravy Green Beans Fruit Dinner Roll	Teriyaki Chicken Bowl w/ Rice, and stir-fry veggies. Egg Roll Mandarin Oranges
Hot Beef and Cheddar Sub Vegetable Soup Potato Wedges Pears	Chicken Alfredo Breadstick Steamed Broccoli Fruit Cookie	Egg Salad Sandwich Chips Dilled Cucumber Salad Fruit	Smothered Pork Chop Steamed Rice Vegetables Peaches	Tuna Salad Sandwich Pea and Cheese Salad Chips Pudding
Southwest Chicken Bake Chopped Cucumber Salad Rice Applesauce	Lasagna Breadstick Steamed Broccoli Applesauce	Holiday Closure	Holiday Closure	Holiday Closure
Sweet and Sour Chicken Steamed Rice Stir Fry Veggies Mandarin Oranges	Vegetable Quiche Roasted Potatoes Yogurt Muffin Pineapple	Beef Pot Roast Mashed Potatoes w/ Gravy Vegetables Cupcake Fruit		