


December 2018		POPE COUNTY SENIOR WELLNESS & ACTIVITY CENTER			CONGREGATE MENU
Monday	Tuesday	Wednesday	Thursday	Friday	
3 Smothered Pork Chops Baked Sweet Potato Black-Eyed-Peas Cornbread Coconut Cream Pie	4 Fried Fish Fillet or Chicken Tenders Tater Babies Creamy Coleslaw Hush Puppies Peach Crisp	5 <i>Bruce Wilburn 1 p.m.</i> Tender Pot Roast Mashed Potatoes Homemade Gravy Green Beans w/Bacon White Roll Asst. Cheesecakes	6 Chicken Bacon Ranch Stuffed Baked Potato Steamed Broccoli Texas Toast Gingerbread	7 Fried Pork Burger Patty Mashed Potato/Gravy 15 Bean Soup Overnight Coleslaw Cornbread Black Forest Cake	
10 Stuffed Cabbage Roll or Breaded Chicken w /Gravy Twice Baked Potatoes Green Peas & Carrots Wheat Roll Deluxe Fruit	11 Pinto Beans w/Ham Red Roasted Potatoes Turnip Greens Regular or Mexican Cornbread Peaches & Cherries	12 Cheeseburger Lettuce, Tomato, Pickle Steak Fries Onion Rings Coleslaw Pineapple Cake	13 Oven Fried Chicken Mashed Potatoes Country Gravy Malibu Vegetables Wheat Roll Cinnamon Apples	14 <i>Christmas Lunch</i> 11:30-1:00 <i>Menu in Newsletter</i>	
17 Hamburger Steak w/ Mushrooms, Peppers & Onions Mashed Potatoes/Gravy Baby Carrots Wheat Roll Tropical Fruit	18 Hearty Beef Stew Lemon Pepper Spinach Biscuit or Crackers Apricot Cake	19 Tender Pork Loin Mashed Potatoes/Gravy Green Beans w/Onion Garlic Cheese Biscuits Lemon or Butterscotch Pudding Cup	20 Chili w/ Beans Side Salad Crackers or Fritos Cookie& Fruit	21 Chicken Fried Steak Mashed Potatoes/Gravy Sweet Corn Wheat Roll Spiced Applesauce	
24 	25	26 Scrambled Eggs Diced Hash Browns Sausage Patty Biscuit & Gravy Orange Juice Bagel & Cream Cheese	27 Fried Bologna or Grilled Ham & Cheese on White Bread/ Lettuce, Tomato, Pickle / Crackers Creamy Coleslaw Vegetable Soup Apple Pie	28 3 Cheese & Meat Lasagna Green Beans Sweet Corn Garlic Cheese Toast Quartered Fruit	
31 Black-Eyed Peas w/ Ham Fried Cabbage Sweet Potato Patties Cornbread Peaches & Cherries		