

# DECEMBER 2025

# DINING ROOM MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> BBQ Chicken Roasted Potatoes Mixed Vegetables Fruit Cornbread	<b>2</b> Korean Meatballs White Rice Peas & Carrots Applesauce Naan Bread	<b>3</b> Honey Mustard Chicken Rosemary Potatoes Carrots Coleslaw Naan Bread	<b>4</b> Cheese Ravioli Marinara Sauce Green Beans Pears Sourdough Bread	<b>5</b> Fajita Chicken Spanish Rice Southwest Corn Fruit Corn Tortilla
<b>8</b> Bean & Cheese Burrito Jojos Southwest Corn Naan Bread Pea & Cheese Salad	<b>9</b> Whitefish Couscous Green Beans Pickled Beets Focaccia Bread	<b>10</b> Spaghetti w/ Meat Sauce Carrots Peaches Garlic Toast	<b>11</b> Orange Chicken White Rice Peas & Carrots Pineapple Fortune Cookie	<b>12</b> Chicken Parmesan Pasta Broccoli Tropical Fruit Sourdough Bread
<b>15</b> Swedish Meatballs Pasta Green Beans Pears Focaccia Bread	<b>16</b> Bourbon Chicken White Rice Snap Peas Applesauce Dinner Roll	<b>17</b> Salisbury Steak Red Potatoes Corn Orange Wedges Sourdough Bread	<b>18</b> Vegetable Lasagna Brussels Sprouts Fruit Garlic Toast	<b>19</b> <b>Closed For Staff Event</b>
<b>22</b> Chicken Tenders Jojos Fruit Biscuit	<b>23</b> Turkey Mashed Potatoes Gravy Green Beans Dinner Roll	<b>24</b> <b>Closed For Holiday</b>	<b>25</b> <b>Closed For Holiday</b>	<b>26</b> <b>Closed For Holiday</b>
<b>29</b> Pizza w/ Turkey Sausage Green Beans Biscuit Pea & Cheese Salad	<b>30</b> Teriyaki Chicken White Rice Carrots Fruit Cocktail Naan Bread	<b>31</b> Herb Garlic Chicken Rosemary Chicken Carrots Fruit Dinner Roll		

### **Would you like to better manage your chronic condition?**

Eat better, feel better! Learn about SNAP, a free program that allows you to purchase food so you can eat more nutritious meals! The average benefit for an older adult household in Oregon is about \$90 per month towards food purchases. Persons 60 years or older and disabled members can benefit from deductions by allowable costs such as: doctor bills, prescription drugs, over-the-counter medication, and dentures.



**Call 2-1-1 or North West Senior &  
Disability Services at:  
(503) 304-3420**