CRSMA SENIOR DINERS' CLUB
DECEMBER 2017

SALAD BAR CLARIFICATION: When the menu states "4oz. Salad w/ 2T Low Fat Dressing" that means salad mix and dressing only on salad bar. All other toppings cost $1.00 if you choose to add them to your 4oz. salad.

FOR PARTICIPANTS 60 YEARS AND OVER
SUGGESTED $3.00 DONATION PER PLATE.
SUGGESTED $1.00 DONATION PER SALAD PLATE.

GUEST UNDER 60 YEARS OF AGE
$6.00 COST PER PLATE (NO SALAD BAR)
$7.00 COST PER PLATE + SALAD BAR

8oz. 2% Milk Served with all meals

COME CELEBRATE CHRISTMAS WITH CRSMA

DECEMBER 15, 2017

A CHRISTMAS GOODIE BAG WILL BE HANDED OUT TO EACH INDIVIUAL THAT PARTICIPATES IN THE CHRISTMAS FEAST . (limited supply)

TONS OF PRIZES!!!! WEAR YOUR CHRITMAS GEAR OR DRESS UP AS AN ELF!!!

FRIDAY 1, 2017 3oz. Sloppy Joe 3oz. Tater Tots 4oz. Green Beans 4oz. Pudding				
MONDAY 4, 2017 3 oz. Chicken Strips w/ Gravy 4oz. Mashed Potatoes 4oz. Peas &Carrots 1Dinner Roll w/ 1tsp. Margarine 4oz. Mandarin Oranges	**TUESDAY 5, 2017** 1sq. Beef Lasagna 4oz. Broccoli 4oz. Salad w/ 2T Low Fat Dressing 1Sl. Garlic Bread 1 Cookie	**WEDNESDAY 6, 2017** 3oz. Pork Loin w/ Gravy 4oz. Scalloped Potatoes 3oz. Black Eyed Peas 1Sl. Cornbread w/ 1tsp. Margarine 4oz. Seasonal Fresh Fruit	**THURSDAY 7, 2017** 1 Chili Relleno 4oz. Pinto Beans 2oz. Spanish Rice 4oz Salad w/ 2T Low Fat Dressing 4oz. Cake w/Topping	**FRIDAY 8, 2017** 6oz. Potato Soup w/ bacon&cheese 4oz. Salad w/ 2T Low Fat Dressing 1Dinner Roll w/ 1tsp. Margarine 4oz. Spiced Peaches
MONDAY 11, 2017 3oz Steak Fingers 4oz. Mashed Potatoes 4 oz. Sliced Carrots 1 Ea. Biscuit w/ 1tsp. Margarine 1Sl. Cheesecake	**TUESDAY 12, 2017** 3 oz. Sausage Link 4 oz. Potato Salad 4 oz. Ranch Style Beans 1Sl. Cornbread w/ 1tsp. Margarine 1 Cookie	**WEDNESDAY 13, 2017** 6oz Broccoli Cheese Soup w/ 1oz. Corn Chips 1 Bake Potato w/tsp. Margarine 4oz Salad w/ 2T Low Fat Dressing 3 Packs Low Sodium Crackers 4oz. Cranberry Salad	**THURSDAY 14, 2017** 3oz. Crunchy Baked Fish 4oz. Wild Rice 4oz. Coleslaw 1sl. Whole Wheat Bread 4oz. Ice Cream	**FRIDAY 15, 2017** 3oz. Ham W/1oz Pineapple Glaze 2oz. Sweet Potatoes 3oz. Cornbread Stuffing 4oz. Green Beans 1 Dinner Roll 2oz. Pumpkin Spice Cake **"CHRISTMAS DINNER"**
MONDAY 18, 2017 6oz. Spaghetti w/Meat Sauce 4oz. Salad w/ 2T Low Fat Dressing 4oz. Mixed Vegetables 1Dinner Roll w/ 1tsp. Margarine 4oz. Cake w/ Topping	**TUESDAY 19, 2017** 8oz. Pork Posole 4oz. Corn 4oz. Salad w/ 2T Low Fat Dressing 1 Flour Tortilla 1 Cookie	**WEDNESDAY 20, 2017** 6oz. Zesty Beef Chili 4 oz. Tomato& Cucumber Salad 1Sl. Cornbread w/ 1tsp. Margarine 4 oz. Bananas & Strawberries	**THURSDAY 21, 2017** 3oz. Fried Chicken 4oz. Potato Wedges 4oz. Corn on the cob 1 Ea. Biscuit 4oz. Cobbler	**FRIDAY 22, 2017** 1 Green Chile Cheese Hamburger 1oz. Lettuce, Tomato & Onions 4oz. Curly Fries 4oz. Baked Beans 4 oz. Ice Cream
MONDAY 25, 2017 **CLOSED** **MERRY CHRISTMAS TO ALL!!**	~~**TUESDAY 26, 2017**~~ ~~4oz. Chicken Fried Chicken w/Gravy~~ ~~4oz. Mashed Potatoes~~ ~~4oz. Salad w/ 2T Low Fat Dressing~~ ~~1Dinner Roll w/ 1tsp. Margarine~~ ~~4oz. AppleSauce~~	**WEDNESDAY 27, 2017** 1 Corn Dog 4 oz. Chili Cheese Tater Tots 4 oz. Coleslaw 4 oz. Fruit Salad	**THURSDAY 28, 2017** 1 Chicken Sandwich 1oz. Lettuce, 1oz. Tomato, 1 slice Cheese 4 oz. Kidney Bean Salad 4 oz. French Fries 4 oz. Fruit Yogurt	**FRIDAY 29, 2017** 4oz. Meatloaf 4oz. Au Gratin Potatoes 4oz. Diced Carrots 1Dinner Roll w/ 1tsp. Margarine 4oz. Oreo Pudding

January 1, 2018
CLOSED

January 15, 2018
CLOSED

A VERY MERRY CHRISTMAS and Happy New Year!

Board Meeting
December 21, 2017
Time: 1:30 p.m.
Location: CRSMA
EVERYONE IS WELCOME!!!

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