



LMOW MENU - DECEMBER 2021

	MONDAY GOH	TUESDAY LMOW	WEDNESDAY GOH	THURSDAY LMOW	FRIDAY LMOW
November 29 - December 3	29 Lemon Rosemary Roast Chicken Herb Roasted Potatoes Minted Green Peas  Ham & Potato Soup  Chicken Salad Sandwich	30 Mild Curry Pork Steamed Rice Corn  Chicken Vegetable Egg Salad Sandwich	1 Baked Lasagna w/ Garlic Toast  Caesar Salad  Ham & Cheese Sandwich	2 Teriyaki Chicken Fried Rice Stir Fry Vegetables  Beef Vegetable Tuna Salad Sandwich	3 Beef Stroganoff w/ Noodles Honey Carrots  Thai Vegetable Tomato Cucumber Cheese Sandwich
December 6 - 10	6 Roast Turkey w/dressing & gravy Roast Potatoes Green Beans  Corn Lentil  Roast Turkey Sandwich	7 Asian Chicken Rice Steamed Carrots  Tomato Basil Soup Tomato/Cheese/Cucumber Sandwich	8 Shephards Pie w/ Gravy Dinner Roll Cabbage  Chicken Gumbo Tuna Salad Sandwich	9 Macaroni & Cheese W/ Bacon Broccoli  Tomato Soup Turkey & Cheese Sandwich	10 Roast Chicken Mashed Potato Green Beans  Onion Soup Vegetarian Sandwich
December 13-17	13 Sliced Ham with Pineapple Scalloped Potatoes Carrots  Canadian Pea Deli Meat Sandwich	14 Meatloaf w/ Gravy Mashed Potato Mixed Vegetables  Chicken Noodle Tuna Salad Sandwich	15 Chicken Marengo Parmesan Rice Steamed Peas  Mulligatawny Egg Salad Sandwich	16 German Style Beef Roast Potatoes Steamed Corn  Minestrone Ham & Cheese Sandwich	17 Sausage & Peppers Spanish Rice Garlic Bread  Goulash Egg Salad Sandwich
December 20-24	20 Roast Beef & Yorkshire Pudding Mashed Potatoes Cauliflower  Garden Vegetable Ham & Cheese Sandwich	21 Hungarian Chicken Stew Butter Noodles Green Beans  Minestrone Egg Salad Sandwich	22 Meat Sauce Spaghetti Garlic Bread Mixed Vegetables  Beef Barley Tuna Salad Sandwich	23 Roast Turkey w/dressing & gravy Mashed potatoes Carrots/Peas  Chicken Rice Turkey Swiss Sandwich	24 
December 27-31	27 	28 Pork & Vegetables w/Fried Rice Peas  Tomato Bacon Egg Salad Sandwich	29 Baked Lasagna w/ Garlic Toast  Caesar Salad Ham & Cheese Sandwich	30 BBQ Chicken Roast Potato Mixed Vegetables  Beef Vegetable Tuna Salad Sandwich	31 

 Soup of the day

 Sandwich of the day

 Salad