



**GENAGE CAFÉ MENU - DECEMBER 2011**  
 NOON MEAL CLINTON & SCOTT COUNTIES  
 SUGGESTED DONATION \$ 3.00 CAFÉ DINING, \$ 3.25 HOME DELIVERED

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MENUS MAY BE SUBJECT TO CHANGE</p> <p>SEE ORIGINAL FOR RD SIGNATURE</p>				
<p>5) 1 C Goulash (1/2 C Meat, 1/2 C Noodles)</p> <p>1 C Tossed Salad W/ Ranch Dressing</p> <p>1 Breadstick</p> <p>1 Pc Chocolate Cream Pie</p>	<p>6) 4 Oz Taco Bake</p> <p>1/2 C Brown Rice</p> <p>1/4 C Salsa</p> <p>1/4 C Tomato/Lettuce Mix</p> <p>1 Tortilla</p> <p>1 Brownie</p>	<p>7) <b>Happy Birthday</b></p> <p>1/4 Oven Baked Chicken</p> <p>1/2 C Mashed Potatoes W/Gravy</p> <p>1/2 C Peas With Pearl Onions</p> <p>1 Wheat Dinner Roll</p> <p>1 Cupcake W/Icing</p> <p>4 Oz Ice Cream</p>	<p>8) 3 Oz Pork Loin</p> <p>1/2 C Macaroni And Cheese Bake</p> <p>1/4 C Broccoli</p> <p>1 Pc Sunny Cranberry Bread</p> <p>1 C Orange Sections</p>	<p>2) 3 Oz Glazed Turkey</p> <p>1 Baked Potato</p> <p>1/2 C Green Beans</p> <p>1 Yam &amp; Jam Muffin</p> <p>1/2 C Tropical Fruit</p> <p>1 Pc Blueberry Pie</p>
<p>12) 3 Oz Ham</p> <p>1/2 C Yams</p> <p>1/2 C Lima Beans</p> <p>1/2 C Apple Crunch Salad</p> <p>1 Wheat Dinner Roll</p> <p>1/2 C Banana Pudding</p>	<p>13) 1 C Garden Salad, 1 Oz Turkey, And 1 Oz Cheese W/ Dressing</p> <p>1 C Cream Of Potato Soup</p> <p>1 Pkg Crackers</p> <p>1/2 C Hawaiian Salad</p> <p>4 Oz Low Sodium Tomato Juice</p>	<p>14) 3 Oz Saucy Meatballs</p> <p>1/2 C Noodles</p> <p>1/2 C Stewed Tomatoes W/ Croutons</p> <p>1 Banana Carrot Muffin</p> <p>1/2 C Peas</p> <p>1/2 C Lime Jello</p>	<p>15) 1 Pc Potato Crunch Pollock W/ Tartar Sauce Or Hamburger On Wheat Bun</p> <p>W/ Ketchup And Mustard</p> <p>1 Baked Potato</p> <p>1/2 C Italian Vegetables</p> <p>1/2 C Tropical Fruit</p> <p>1 Pc Wheat Bread</p> <p>1 Pc Lemon Meringue Pie</p>	<p>16) 3 Oz Sloppy Joe On Wheat Bun</p> <p>1/2 C Potato Wedges</p> <p>1/2 C Corn</p> <p>1 C Peaches</p> <p>4 Oz Orange Juice</p>
<p>19) 1 C (Chicken, Broccoli And Rice) Casserole</p> <p>3 Oz Chicken</p> <p>1/2 C Rice</p> <p>1/2 C Taste Tempting Mushrooms</p> <p>1 Pc 7 Grain Bread</p> <p>1 Choc. Chip Cookie</p>	<p>20) <b>Golden Wedding</b></p> <p>3 Oz Andy's Meatloaf</p> <p>1/2 C Mashed Potatoes W/Gravy</p> <p>1/2 C Easy Veggie Salad</p> <p>1 Wheat Dinner Roll</p> <p>1 Pc Cherry Pie</p>	<p>21) 3 Oz Salisbury Steak W/Gravy</p> <p>1/2 C Mashed Potatoes</p> <p>1/2 C Hot Beets</p> <p>1 Pc Pumpkin Bread</p> <p>1 Apple</p>	<p>22) 3 Oz Lemon Pepper Chicken Breast</p> <p>1/2 C Garden Rice</p> <p>1/2 C Peas</p> <p>1/2 C Autumn Apple Salad</p> <p>1/2 C Chocolate Pudding</p> <p>4 Oz Orange Juice</p>	<p>23) <b>All Genage Cafes Closed</b></p>
<p>26) <b>All Genage Cafes Closed</b></p>	<p>27) 1/4 Oven Fried Chicken</p> <p>1/2 C Potato Salad</p> <p>1/2 C Brussel Sprouts</p> <p>1 Morning Glory Muffin</p> <p>1 Sugar Cookie</p> <p>4 Oz Grape Juice</p>	<p>28) 1 C Tater Tot Casserole (1/2 C Beef &amp; 1/2 C Potatoes)</p> <p>1 C Broccoli Mandarin Orange Salad</p> <p>1 Cheddar Biscuit</p> <p>1 Pc Boston Cream Pie</p>	<p>29) 1 Stuffed Green Pepper (3 Oz Beef, 1/2 C Rice)</p> <p>1/2 C Butter Beans</p> <p>1 Pc Wheat Bread</p> <p>1 Pc Hot Apple Crisp</p>	<p>30) 3 Oz Pork Chop W/Gravy</p> <p>1/2 C Mashed Potatoes</p> <p>1/2 C Francois Blend</p> <p>1 Beans And Crispy Noodle Salad</p> <p>1 Pc 7 Grain Bread</p> <p>1/2 C Tropical Fruit</p>
	<p>Beibel AME 322-6622</p> <p>Buffalo 381-4594</p> <p>Cumberland 332-9339</p> <p>Edgewater on Third 324-9085</p> <p>Eldridge 285-8415</p> <p>Friendly House 323-1821</p>	<p>Kimberly (CASI) 386-7477</p> <p>Le Claire 289-4371</p> <p>Luther Crest 388-8543</p> <p>Luther Knoll 449-8318</p> <p>Luther Manor 352-9407</p> <p>Luther Tower 352-3121</p> <p>New Hope 391-0236</p>	<p>Roosevelt 888-2056</p> <p>Spring Village 344-9463</p> <p>Spruce Hills 324-9085</p> <p>Temple Baptist 386-0874</p> <p>Walcott 284-6122</p>	<p>Camanche 259-8011</p> <p>DeWitt 659-5624</p> <p>Park Tower 242-4222</p> <p>Prairie Village 242-2085</p> <p>Wheatland 374-1011</p> <p>Chaney - HDM 242-5180</p>



MENU HIGH IN SODIUM

CHOICE DAY