Clarinda Regional Health Center Lunch December 2025 Fresh Eats Fall and Winter 25-26 Low Na

Lunch				Low Na
Monday	Tuesday	Wednesday	Thursday	Friday
1 Roast Beef Mashed Potatoes .ow Sodium Brown Gravy Baby Carrots Dessert Pudding Layer CR Skim Milk	2 Meatloaf Low Sodium Macaroni & Cheese Brussels Sprouts Fruit Cocktail Milk	3 Panko Herb Crusted Fish Cheesy Rice Broccoli Cuts Peach Crisp Milk	4 Bacon Cheeseburger Casserole Garlic Bread Cauliflower Tropical Fruit Milk	5 Chicken Carnitas Shredded Lettuce and Diced Tomato Spanish Rice Vegetable Blend Red Star Cake Milk
8 Baked Herb Fish Tartar Sauce Potato Wedges Vegetable Blend Apricot Halves Milk	9 Low Sodium Honey Garlic Chicken Baked Sweet Potato Zucchini Cookie Milk	10 Low Sodium Smothered Pork Cutlet Sour Cream Mashed Potatoes Green Beans Applesauce Milk	11 Stuffed Green Pepper Casserole Vegetable Blend Strawberry Chiffon Pie Milk	Seasoned Chicken Breast Baked Potato Butter or Margarine Sour Cream Winter Vegetable Blend Blushing Pears Milk
15 Aloha Chicken Rice Broccoli & Cauliflower Frosted Banana Bars Milk	16 Hamburger on a Bun Ketchup and Mustard Green Beans Grapes Milk	Cornflake Chicken Mashed Potatoes LS Chicken Gravy Baby Carrots Cherry Crisp Milk	18 Panko Herb Crusted Fish Tartar Sauce Bread with Margarine Vegetable Blend Sherbet Milk	19 LS Beef Country Fried Steak Mashed Potatoes LS Country Gravy Zucchini Fresh Fruit Cup Milk
22 Low Sodium Chicken Bacon Pasta Vegetable Blend Apple Oatmeal Bar Milk	LS Beef Vegetable Stew Unsalted Saltine Crackers Broccoli Florets French Cherry Dessert Milk	24 Chicken Alfredo Pesto Pasta Garlic Bread Green Beans Fruit Cup Milk	25 Baked Salmon Garden Blend Rice Vegetable Blend Cinnamon Baked Apples Milk	26 Low Sodium Chicken Cordon Bleu Oven Roasted Potatoes Roasted Brussels Sprouts Fresh Banana Milk
29 Low Sodium Pizza Pasta Casserole Garlic Toast Roasted Broccoli Sugar Cookie Milk	30 LS Buttered Chicken Low Sodium Macaroni & Cheese Vegetable Blend Berry Medley Milk	31 LS Chicken & Noodles Mashed Potatoes Winter Vegetable Blend Snickerdoodle Cookie Milk		