




11:30 Wed., DEC. 5 <i>SHEERY BARNHART</i>	11:30 Wed., DEC. 12 <i>MICHAEL JOHNSON</i>	11:30 Wed., DEC. 19 <i>MV GEM FIDDLERS</i>	11:30 Every Thur. <i>PAT BLESSIN - ORGAN MUSIC</i>	8:00am, Sat., DEC. 8 <i>MARLA GARRETT</i>	8:00am, Sat., DEC. 8 <i>FUNDRAISING BREAKFAST</i>	DEC. 2018
DEC. 2018	<i>Minimum Daily Serving Size - 2 oz of Meat/Protein, 1/2 cup of cooked/canned fruit and vegetables, or 1 cup fresh fruit and fresh vegetables, 1/3 to 1/2 cup of grains & 1 slice of bread (half to be whole grain), 1 cup of milk or dairy, dessert is an optional - minimum 1 oz serving</i>					Saturday 2018-12-01 NO ACTIVITIES
Sunday 2018-12-02	Monday 2018-12-03 Chicken Rice & Dumplings	Tuesday 2018-12-04 Beef Tips w/gravy	Wednesday 2018-12-05 Pork Alfredo	Thursday 2018-12-06 Chicken Enchilada Casserole	Friday 2018-12-07 Mushroom Salisbury Steak	Saturday 2018-12-08 \$8 Fundraising Breakfast
	Waldorf Salad Pea Salad Fruit Parmesan Rice Pacific Blend Vegetables Banana Cranberry Muffin Tapioca Pudding	Macaroni Coleslaw Jello w/fruit Fruit Mashed Potatoes/w gravy Asparagus Blend Vegetables Wheat Bread Banana Bar	Caesar Salad Very Vanilla Fruit Salad Fruit Spinach Fettuccini Noodles Peas & Carrots Roll Cinnamon Sugar Cookie	Pico De Galo Pasta Salad Southwestern Chopped Salad Fruit Spanish Rice Refried Beans Tortilla Mexican Chocolate Cake	Barley Veggie Salad Cottage Cheese w/Fruit Fruit Garlic Mashed Potatoes Capri Blend Vegetables Slice of Wheat Bread Blackberry Cobbler	Stuffed French Toast Ham, Sausage, Bacon Potato Casserole, Biscuit & Gravy Fresh Fruit, Bread Trays Coffee, Milk, & Juice
Sunday 2018-12-09	Monday 2018-12-10 Fried Chicken	Tuesday 2018-12-11 Fish Fillet w/Tarter Sauce	Wednesday 2018-12-12 Lasagna	Thursday 2018-12-13 Sweet n Sour Pork	Friday 2018-12-14 Meatloaf	Saturday 2018-12-15
ABCL Unit 400 Bridge & Christmas Party 12:00-4:00	Creamy Coleslaw Broccoli Raisin Salad Fruit Vermicelli Rice Pilaf Corn w/Peppers & Onions Roll Butterscotch Pudding	Macaroni Salad Loaded Green Salad Fruit Creamy Potatoes Sunshine Carrots Spoonbread Carrot Cake	Italian Tossed Salad Tropical Pear Salad Fruit Lasagna Noodles Sautéed Mushrooms w/Peppers Garlic Bread Blonde Brownie	Mandarin Orange Jello Parfait Salad Fruit Garlic & Egg Fried Rice Sugar Pea Blend Vegetables Egg Roll Pineapple Upside Down Cake	Mixed Green Rotini Pasta Salad Caesar Salad Fruit Mashed Potatoes / Gravy Lima Beans Roll Chocolate Crinkle Cookie	10:00 am - Noon I love to Sew Club Xmas Party (MH) 11:00 Pioneer Button Club Mtg (CFR) Christmas Dance 2-4 pm Idaho Old Time Fiddlers
Sunday 2018-12-16	Monday 2018-12-17 Chopped Steak	Tuesday 2018-12-18 Chicken Stir Fry	Wednesday 2018-12-19 Roasted Turkey	Thursday 2018-12-20 Chicken Broccoli Baked Potato	Friday 2018-12-21 Baked Ham	Saturday 2018-12-22
	Fiesta Cauliflower Rice Salad Green Salad Fruit Mashed Potatoes w/gravy Sautéed Bacon Brussel Sprouts Slice of Wheat Bread Snickerdoodle Cookie	Oriental Chicken Salad Jello w/fruit Fruit Rice Japanese Blend Stir-fry Vegetables Spring Rolls Mandarin Cake	Frog Eye Salad Green Salad Fruit Stuffing w/turkey gravy Sweet Potatoes/Yams Roll Birthday Cake	Mixed Green Veggie Salad Romaine Orange Salad Fruit Cheesy Rice Pilaf Pickled Beets Zucchini Bread Apple Cobbler	Couscous Cranberry Salad Creamy Grape Salad Fruit Au gratin Potatoes Green Bean Casserole Wheat Roll Pumpkin Spice Cupcake	Center Closed for Christmas Holiday HDM meals will be delivered Wed, Dec 19th
Sunday 2018-12-23	Monday 2018-12-24 CHRISTMAS EVE HOLIDAY	Tuesday 2018-12-25 MERRY CHRISTMAS	Wednesday 2018-12-26 SHOPPING/TRAVEL HOLIDAY	Thursday 2018-12-27 Turkey Pot Pie	Friday 2018-12-28 Pork w Cream Sauce	Saturday 2018-12-29
Center Closed for Christmas Holiday HDM meals will be delivered Wed, Dec 19th	Center Closed for Christmas Holiday HDM meals will be delivered Thurs, Dec 20th	 Center Closed	Center Closed for Christmas Holiday HDM meals will be delivered Friday, Dec 21st	Cranberry Jello Parfait Mixed Green Salad Fruit Broccoli Rice Casserole Corn w/peppers Spoonbread Lemon Pudding	Hawaiian Pasta Salad Spinach Salad Fruit Roasted Potatoes Squash Blend Vegetables Wheat Roll Gingerbread Crinkle Cookie	
Sunday 2018-12-30	Monday 2018-12-31 Chicken Fried Steak	JAN 1, 2019		TWIN FALLS SENIOR CENTER 208-734-5084 530 SHOSHONE STREET W., TWIN FALLS, IDAHO 83301 Center Office Hours Mon-Fri 8:00am to 5:00pm www.tfseniorcenter.com facebook - Twin Falls Senior Center VOLUNTEER DRIVERS & CENTER VOLUNTEERS NEEDED Call today to get started		TFSC MEAL COSTS Age 60 & over \$5.00 (suggested donation) Under 60 \$6.00 Under 9 \$3.00 Lunch to Go \$6.00 Cinnamon Roll \$3.00 Coffee \$.50 Soup to Go \$3.00
Bold Italic Salad will go out with Home Delivered Meals (HDM) Daily HDM Meal Drink Choices 2% MILK ORANGE/APPLE JUICE NON FAT CHOCOLATE MILK Daily CENTER Meal Drink Choices WATER TEA COFFEE MILK	Rainbow Rotini Salad Apple Broccoli Salad Fruit Mashed Potatoes & Country Gravy Broccoli & Cauliflower Slice of Wheat Bread Peanut Butter Bar	 HDM meals Delivered on Mon, Dec 31st		