

	December 3	December 4	December 5	December 6	December 7	December 8	December 9
Name	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JUICE or SOUP	<div style="border: 1px solid black; padding: 10px;"> <p>Sunday Brunch is from 11:00 am to 2:00 pm</p> </div>	Juice or Turkey Noodle Soup	Juice or Chicken Lentil Soup	Buffet Night Borscht & Wonton Soup	Juice or Corn Chowder	Juice or French Canadian Pea Soup	Juice or Chicken Lemon Rice Soup
SALAD		Tossed Salad or Jellied Salad	Tomato and Onion Salad or Coleslaw	Salad Bar	Fruit Salad or Garden Salad	Spinach Salad or Cottage Cheese	4 Bean Salad or Marinated Vegetables
ENTRÉE		Baked Montreal Pollock (fish) or Beef Pot Pie	Roasted Chicken or ♥ Pork Stew	Chinese Food Pizza and 4 to 5 other Hot Food Selections (Chef's Choice)	Ginger Beef or Lasagna and Meat Sauce	♥ Roast Beef or Chicken Alfredo Pasta	♥ Chicken Teriyaki or Baked Salmon with Dill Sauce
POTATO		Rice Pilaf OR Mashed Potatoes	Fried Potatoes OR Pasta	Chef's Choice	Lo Mein Noodles OR Garlic Toast	Oven Brownd Potatoes OR Buttered Fettuccine	Lazy Cabbage Roll Casserole OR Roasted Baby Potatoes
VEGETABLE		California Blend Vegetables or Cheesy Cauliflower	Brussel Sprouts or Glazed Parsnips	Chef's Choice	Broccoli or Beets	Yellow and Green Beans or Buttered Cabbage	Oriental Blend Vegetables or Parslied Cauliflower
DESSERT		Butterscotch Pudding Reduced Sugar or Celiac	Gingerbread Cake Reduced Sugar or Celiac	Baker's Choice Reduced Sugar or Celiac	Chocolate Pudding Reduced Sugar or Celiac	Pears Reduced Sugar or Celiac	Angel Food Cake with Strawberry Topping Reduced Sugar or Celiac
							Complete FW#2

TOTAL TIME: Prep/Total Time: 20 min.

MAKES: 8-10 servings

Ingredients

3 whole cloves	2 cinnamon sticks	2 whole allspice
4 cups apple cider or juice	1/3 cup packed brown sugar	4 cups cranberry juice

Additional cinnamon sticks, optional

Nutritional Facts

1 serving (1 cup) equals 122 calories, trace fat (trace saturated fat), 0 cholesterol, 15 mg sodium, 31 g carbohydrate, trace fiber, trace protein.

Directions

Place first three ingredients in a double thickness of cheesecloth. Bring up corners of cloth and tie with a kitchen string. Place with cider in a large saucepan. (Or, if desired, place loose spices in saucepan and strain before serving.)

Simmer, covered, for 5 minutes. Stir in sugar and simmer for 5 minutes. Add cranberry juice and heat to simmering temperature. Serve hot in mugs. Garnish with cinnamon sticks if desired. Yield: 8-10 servings.

Spicy Cranberry Warmer Recipe