



December

Meals on Wheels Menu

Congregate Meals will resume at a later date

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Salisbury Steak Parsley Potatoes Roasted Brussel Sprouts Garden Salad Peach Crisp	2 Escalloped Chicken & Noodles Green Beans Cabbage Pineapple Slaw Banana	3 Pineapple Ham Low Sodium Au Gratin Potatoes Mixed Vegetables Romaine Garden Salad Pear	4 Spanish Rice w/Meat Key West Vegetables Carrot Salad Dinner Roll
7 Stuffed Green Pepper Mashed Potatoes Garden Salad Coconut Tropical Fruit Breadstick	8 Tuscan Chicken Red Skin Potatoes Cole Slaw California Blend Vegetable Roll Apricots	9 Roast Beef Au Jous Garlic Mashed Potatoes Green Beans Cole Slaw Cherry Cheesecake Dinner Roll	10 Roast Turkey w/Gravy Garlic Mashed Potatoes Asparagus Garden Salad Corn Muffin Mixed Fruit	11 Mostaccioli with Meat Sauce Carrots Spinach Romaine Salad Dinner Roll Pear Slices
14 Swedish Meatballs Egg Noodles Scandinavian Blend Crunchy Pea Salad Four-Fruit Salad Potato Bread	15 Pork Chop with Sauerkraut Rosemary Roasted Potatoes Prince Charles Blend Vegetable Roll Red Grapes	16 Chicken a la King Chive Potatoes Mixed Vegetables Breakstick Fruit Salad	17 Italian Ravioli Savory Spinach Cabbage Pineapple Slaw Orange	18 Baked Garlic Parmesan Chicken Vegetable Rice Pilaf Cole Slaw Breadstick Red Apple
21 Macaroni & Cheese Herbed Green Beans Romaine Garden Salad Corn Muffin Fruit Cocktail	22 Chinese Chicken Casserole Carrot Salad Oriental Blend Red Grapes Vegetable Roll	23 Italian Lasagna Italian Green Beans Romaine Garden Salad Italian Bread Fruit Medley	24 Christmas Holiday	25 Christmas Holiday
28 Pizza Three Bean Salad Creamy Cole Slaw Red Apple Cookie	29 Baked Cod Baked Potato Broccoli Cuts Garden Salad Vegetable Roll Apricots	30 Roast Pork Loin with Gravy Oven Brownd Potatoes Peas & Carrots Cabbage Pineapple Slaw Peaches	31 New Years Holiday	Grab & Go Lunches Available Monday - Friday Pick-up begins at noon \$3 suggested donation Call 24 hours in advance to reserve a meal: 248.659.1032

