

MEALS ON WHEELS

DECEMBER 2018

3	4	5	6	7
<u>SLOPPY JOE</u> Whole Wheat Bun Roasted Potatoes Creamy Coleslaw Fruit	<u>CHICKEN POT PIE WITH BISCUIT</u> Fresh Fruit Medley Cup	<u>OVEN BAKED FISH</u> Brown Rice Lima Beans Fresh Pear ALT: OVEN BAKED CHICKEN	<u>SPAGHETTI BOLOGNESE</u> Wheat Pasta Garlic Breadstick Garden Salad & Dressing Stewed Prunes	<u>CHICKEN CHOW MEIN</u> Steamed White Rice Veggie Egg Roll & Sauce Fortune Cookie Fresh Grapes
10	11	12	13	14
<u>VEGETABLE LASAGNA</u> With White Sauce Roasted Vegetables Garlic Bread Fruit	<u>BEEF GOULASH</u> Macaroni Noodles Sweet Corn Fresh Banana Dinner Roll & Butter	<u>ROAST TURKEY BREAST</u> Bread Stuffing & Turkey Gravy Green Beans Fruit	<u>SWEET AND SOUR CHICKEN</u> With Pineapples & Peppers Steamed White Rice Veggie Egg Roll & Sauce Fortune Cookie	<u>WILD RICE CHICKEN CASSEROLE</u> French Cut Green Beans Fresh Cantaloupe Wheat Roll & Butter
17	18	19	20	21
<u>ENCHILADA BEEF CASSEROLE</u> Spanish Rice Black Beans Sour Cream Fresh Pear	<u>ROASTED CHICKEN LEG & GRAVY</u> Wild Rice Pilaf Steamed Zucchini Dinner Roll & Butter Diced Cantaloupe	<u>CRUNCHY BAKED COD</u> Mini Baked Potato Steamed Broccoli Dinner Roll & Butter Apple Slices ALT: CRUNCHY BAKED CHICKEN	<u>BAKED MACARONI AND CHEESE</u> Chicken Sausage Chef's Blend Vegetables Fresh Grape Bunch	<u>SALISBURY STEAK</u> Garlic Mashed Potatoes & Gravy Green Beans Dinner Roll & Butter Fruit
24	25	26	27	28
Christmas Eve Center Closed	Merry Christmas Center Closed	<u>ROASTED VEGETABLE & CHEESE OMELETTE</u> Breakfast Potatoes Turkey Sausage Wheat Roll & Butter Fruit	<u>HEARTY BEEF STEW</u> Biscuit Oven Baked Apple Crisp Diced Pineapple	<u>GRILLED CHICKEN SANDWICH</u> Whole Wheat Bun Mayonnaise Three Bean Vegetable Fresh Apple Slices Peach Crisp
31				
<u>SALMON LOAF</u> Savory Cream Sauce Wild Rice Pilaf & Carrots Fresh Pear ALT: CHICKEN LOAF				