

MEALS ON WHEELS MENU - DECEMBER 2018

3 Steak Patty with Mushroom Gravy Garlic Mashed Potatoes Squash and Green Bean Medley WG Bread Citrus Fruit Cup	4 Pork Riblet in BBQ Sauce Baked Beans Whole Kernel Corn WW Bread Chunky Cinnamon Apples	5 Oven Baked Chicken Southern Rice Spinach WG Bread Fresh Fruit	6 WG Fish Fillet Cheesy Mashed Potatoes Mixed Vegetables WG Bread Orange Juice	7 Chicken Teriyaki Rice with Oriental Vegetables Gingered Carrots WG Bread Graham Crackers Pineapple Cup
10 Hamburger Patty with Au Jus Potato Wedges Carrots Whole Grain Bun Graham Crackers Orange Juice	11 Meatballs and Penne Pasta in Marinara Broccoli Italian Vegetables WW Bread Pineapple Cup	12 Hot Dog with Chili Topping Baked Beans Corn w/Tomatoes WG Hot Dog Bun Mustard Applesauce	13 Scrambled Eggs & Turkey Sausage Breakfast Potatoes Spiced Peaches WG Bread Fresh Fruit	14 Rib Beef Patty with Spanish Braised Sauce Stewed Tomatoes Garden Peas WG Bread Pineapple Cup
17 Meatloaf with Apple Brown Gravy Skin-on Potatoes Stewed Tomatoes WG Bread Pineapple Cup	18 Western Omelet O'Brien Potatoes Strawberry Cinnamon Apples WG Bread Peanut Butter Orange Juice	19 Batter Dipped Fish Nuggets Garlic Mashed Potatoes Carrots WG Bread Tartar Sauce Citrus Fruit cup	20 Macaroni & Beef Casserole Spinach California Veggies WW Bread Fresh Fruit	21 HOLIDAY MEAL Sliced Roast Beef w/ Gravy Potatoes Au Gratin Green Peas & Carrots Dinner Roll Fresh Pears or Orange Sweet Potato/ Pumpkin Pie Frozen Vanilla Milkshake
24 HAPPY HOLIDAYS	25	26 Turkey with Country Pepper Gravy Mashed Potatoes Green Beans Almondine WG Bread Fresh Fruit	27 Rib Beef Patty with Spanish Braised Sauce Stewed Tomatoes Garden Peas WG Bread Pineapple Cup	28 Chicken Parmesan Rosemary Potatoes Cheesy Spinach WG Bread Cinnamon Apples
31 Steak Patty with Mushroom Gravy Garlic Mashed Potatoes Squash and Green Bean Medley WG Bread Citrus Fruit Cup				

All meals served with 1% low-fat white or non-fat chocolate milk. Vegetarian meals available upon request.

WG = Whole Grain; WW = Whole Wheat

**PLEASE REMEMBER TO CALL AT LEAST 48 HOURS IN ADVANCE
IF YOU WILL NOT BE HOME FOR YOUR MEAL. THANK YOU!!**