

# Meals on Wheels and More

December 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken Fettuccini Italian Green Beans Caesar Salad Fruit	3 Veggie Omelets Baby Red Potatoes Orange Juice Fruit & Cottage Cheese	4 Roasted Pork Loin w/ Apple Chutney Rice Pilaf Broccoli Normandy Fruit	5 Reuben Style Chicken Baked Yam Steamed Veggies Kale Citrus Salad Fresh Fruit	6 Cabbage Rolls Roast Potatoes Capri Veggies Garden Salad Raspberry Sherbet
9 Ham & Pineapple Au Gratin Potatoes Caribbean Veggies Garden Salad Fruit	10 Chicken Noodle Soup ½ Grilled Cheese on Wheat Green Salad Fresh Grapes	11 Tuna Casserole Brussels Sprouts Spinach Salad Fruit	12 Chicken Cobb Salad Oatmeal Bread Orange Wedges	13 Beef Stroganoff Over Rotelle Pasta Peas & Onions Garden Salad Sliced Peaches
16 Chicken Strips Potato Wedges Broccoli Florets Coleslaw Pineapple Chunks	17 Taco Salad Cornbread Oranges	18 Salisbury Steak Mashed Potatoes Baby Carrots Kale Citrus Salad Sherbet	19 Chinese BBQ Pork Fried Rice Egg Roll Mandarin Oranges Fortune Cookie	20 <i>Holiday Luncheon</i> Orange Glazed Salmon Rice Pilaf Green Beans Spinach Salad Pecan Pie
23 Vegetarian Chili Cornbread Garden Salad Ice Cream	24 	25 ~CLOSED~ 	26 <i>Happy Hanukkah</i> ½ Pastrami on Rye Kosher Pickle Potato Latkes Salad Shirazi Apple Cake	27 Penne w/ Meat Sauce Italian Veggies Caesar Salad Fruited Jell-O
30 BBQ Chicken Drumsticks Roasted Red Potatoes Green Beans Garden Salad Tropical Fruit	31 Baked Cod Roast Sweet Potato Broccoli Florets Green Salad Fresh Fruit			

All menus are subject to change due to food cost and availability **Gluten Free Entrée Available (ask). Entrée Salad Available daily.**