

Meals on Wheels DECEMBER 2021 Menu – Contact Doug at 651-653-3123

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
Call 651-653-3123 to Order ALT Meal in yellow OR Weekend Meals. ALL Meals are served with choice of 1% Milk OR Juice variety		1	2	3	4	5
		Herb Roasted Pork w/gravy, mashed sweet potatoes, green beans, dinner roll, date & fig cookie ALT: Herb Chicken	Honey Garlic Chicken roasted potatoes, corn, pineapple, dinner roll & butter	Baked Ham scalloped potatoes, Brussel sprouts, dinner roll, fresh fruit cup ALT: Baked Chicken	Beef Pot Roast Delivered Thurs 12/2	Breakfast Hash Delivered Thurs 12/2
6	7	8 COLD	9	10	11	12
Mustard Herb Fish grits, vegetable medley, sugar cookie ALT: Mustard Herb Chicken	Beef Sloppy Joe mashed potatoes, diced carrots, peaches, whole wheat bun	Chicken Salad Sandwich chicken salad on bread w/lettuce & tomato, Mandarin oranges, blueberry muffin	Roast Turkey (breast) w/gravy, stuffing, green beans, diced peaches, pumpkin spice muffin	Ground Beef & Noodle casserole egg noodles broccoli & baby carrots, diced pears	Meatloaf Delivered Thurs 12/9	Greek Chicken Pasta Delivered Thurs 12/9
13	14	15	16	17	18	19
Beef Pot Roast beef & gravy w/mashed potatoes, peas & carrots, dinner roll, molasses cookie	Chicken and Dumplings with carrots and potatoes, Brussels sprouts, fruit cocktail	Garlic Salmon wild rice pilaf, peppers & onions fruit cup, lemon bar ALT: Garlic Chicken	Rosemary Chicken breast w/roasted potatoes, sliced beets, warm peaches, dinner roll & butter	Hot Ham & Cheese ham, Swiss, cream sauce, bread, veggie blend, zucchini muffin ALT: Chicken & Cheese	Salisbury Steak Delivered Thurs 12/16	Beef Sloppy Joe Delivered Thurs 12/16
20	21	CLOSED 22	CLOSED 23	CLOSED 24	25	26
Beef Chili, ground beef & beans in tomato sauce, Sliced carrots, Applesauce, Corn muffin	Greek Chicken Pasta w/artichoke hearts, & sundried tomato, green beans, cinnamon coffee cake muffin	Spaghetti w/ Meat Sauce steamed broccoli, warm pears, cookie DELIVERED TUES DEC 21	Turkey Tetrazzini turkey & noodles in a cream sauce, broccoli, baked apples, cookie DELIVERED TUES DEC 21	Beef Meatloaf mashed potatoes, vegetables, dinner roll, fruit cocktail DELIVERED TUES DEC 21	Baked Ham Delivered Tues 12/21	Herb Roasted Pork Delivered Tues 12/21
27	28	CLOSED 29	CLOSED 30	CLOSED 31	1/1	1/2
Breakfast Hash cheesy egg scramble over roasted potatoes, turkey sausage, warm diced pears, English muffin	Tuna Croquettes with egg noodles, veggie medley, oatmeal butterscotch cookie ALT: Chicken Croquettes	Honey Garlic Chicken, roasted potatoes, corn, pineapple, dinner roll DELIVERED TUES DEC 28	Sweet & Sour Chicken w/ pineapple & peppers, vegetable blend, rice, cookie DELIVERED TUES DEC 28	Beef Lasagna broccoli, baked apples, spiced cookie DELIVERED TUES DEC 28	Roast Turkey Delivered Tues 12/28	Beef Pot Roast Delivered Tues 12/28

DECEMBER CHOICE MEALS Call 651-653-3123

1. Grilled Chicken with Couscous Gravy 2. Beef Pot Roast 3. Stuffed Peppers 4. Ginger Soy Fish