



# December 2024 Meals on Wheels Menu



<b>Monday 12/2/24</b>	<b>Tuesday 12/3/24</b>	<b>Wednesday 12/4/24</b>	<b>Thursday 12/5/24</b>	<b>Friday 12/6/24</b>
CHICKEN CACCIATORE PASTA ITALIAN VEGETABLE BLEND BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	CHILI MAC 5 WAY VEGETABLE BLEND BREAD FRESH FRUIT+ HEALTHY HEART SPREAD MILK	CHICKEN MARSALA MASHED POTATOES PEAS AND CARROTS BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	SWEET AND SOUR CHICKEN RICE ORIENTAL VEGETABLES+ BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	TURKEY PATTY W/CRANBERRY ROAST YAMS GREEN BEANS+ BREAD FRESH FRUIT+ HEALTHY HEART SPREAD MILK
<b>Monday 12/9/24</b>	<b>Tuesday 12/10/24</b>	<b>Wednesday 12/11/24</b>	<b>Thursday 12/12/24</b>	<b>Friday 12/13/24</b>
BACON CHEESEBURGER MAC 5 WAY VEGETABLE BLEND BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	SLOPPY JOE BAKED BEANS CORN NIBLETS+ BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	MEATBALL MARINARA SPAGHETTI ITALIAN VEGETABLE BLEND BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	CHICKEN CORDON BLEU RICE* CORN NIBLETS+ PEAS AND CARROTS BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	BEEF STEW MASHED POTATOES BABY GREEN PEAS BREAD FRESH FRUIT+ HEALTHY HEART SPREAD MILK
<b>Monday 12/16/24</b>	<b>Tuesday 12/17/24</b>	<b>Wednesday 12/18/24</b>	<b>Thursday 12/19/24</b>	<b>Friday 12/20/24</b>
CHICKEN PARMESAN W/PASTA ITALIAN VEGETABLE BLEND BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	STUFFED PEPPERS W/TOMATO SAUCE O'BRIEN POTATOES BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	ITALIAN SAUSAGE ONIONS AND PEPPERS O'BRIEN POTATOES HOT DOG ROLL FRUIT CUP+ HEALTHY HEART SPREAD MILK	CHICKEN A' LA KING RICE* 5 WAY VEGETABLE BLEND BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	BEEF PATTY MELT w/onions & cheese O'BRIEN POTATOES SPINACH* BREAD FRESH FRUIT+ HEALTHY HEART SPREAD MILK
<b>Monday 12/23/24</b>	<b>Tuesday 12/24/24</b>	<b>Wednesday 12/25/24</b>	<b>Thursday 12/26/24</b>	<b>Friday 12/27/24</b>
SWEDISH MEATBALLS EGG NOODLES* SAUTEED GREEN BEANS+ BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	MEAT & CHEESE LASAGNA SAUTEED CARROTS & PEAS* FRUIT CUP+ HEALTHY HEART SPREAD BREAD MILK	CLOSED IN OBSERVANCE OF CHRISTMAS DAY	MEATLOAF MASHED POTATOES CHOPPED SPINACH* BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	SOUTHERN PULLED PORK BBQ BAKED BEANS SAUTEED COLLARD GREENS*+ BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK
<b>Monday 12/30/24</b>	<b>Tuesday 12/31/24</b>			
PORK CHOPS W/SPICED APPLES MASHED SWEET POTATOES SAUTEED GREEN BEANS+ BREAD FRESH FRUIT+ HEALTHY HEART SPREAD MILK	BEEF STROGANOFF BUTTERED NOODLES CALIFORNIA BLEND*+ BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK		<b>WE VALUE YOUR OPINION!!</b> PLEASE CALL US AT 223-7825 OR 223-7826 WITH YOUR FEEDBACK.  <b>WE WOULD LOVE TO</b> HEAR FROM YOU!	<b>NOTE:</b>  MEALS SERVED WITH 2% MILK MENU SUBJECT TO CHANGE WITHOUT NOTICE
Meal Pattern Requirement: (Meals provide a minimum of 1/4 RDA).	Meat or alternative = 4oz cooked, edible portion Vegetables and Fruit= 4(1/1) portions	Bread or equivalent = 1 serving Fat = 1 teaspoon	*denotes vitamin A requirement	+denotes vitamin C requirements