

DECEMBER 2025 Meals on Wheels Menu

Monday 12/1/25	Tuesday 12/2/25	Wednesday 12/3/25	Thursday 12/4/25	Friday 12/5/25
BBQ CHICKEN SWEET POTATO* SAUTEED GREEN BEANS+ BREAD PEARS + HEALTHY HEART SPREAD MILK	BAKED HAM ROAST YAMS* COLLARD GREENS+ BREAD APPLE SAUCE+ HEALTHY HEART SPREAD MILK	CHICKEN CACCIATORE PASTA ITALIAN VEGETABLE BLEND BREAD BANANA+ HEALTHY HEART SPREAD MILK	CHILI MAC 5 WAY VEGETABLE BLEND BREAD MANDARIN ORANGES+ HEALTHY HEART SPREAD MILK	CHICKEN MARSALA MASHED POTATOES PEAS AND CARROTS BREAD FRUIT COCKTAIL+ HEALTHY HEART SPREAD MILK
Monday 12/8/25	Tuesday 12/9/25	Wednesday 12/10/25	Thursday 12/11/25	Friday 12/12/25
SWEET AND SOUR CHICKEN RICE ORIENTAL VEGETABLES+ BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	TURKEY PATTY W/CRANBERRY ROAST YAMS GREEN BEANS + BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	BACON CHEESEBURGER MACARONI 5 WAY VEGETABLE BLEND BREAD FRESH FRUIT+ 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
Monday 12/15/25	Tuesday 12/16/25	Wednesday 12/17/25	Thursday 12/18/25	Friday 12/19/25
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	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
Monday 12/22/25	Tuesday 12/23/25	Wednesday 12/24/25	Thursday 12/25/25	Friday 12/26/25
CHICKEN A' LA KING RICE* 5 WAY VEGETABLE BLEND BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	CHEESEBURGER w/onions O'BRIEN POTATOES SPINACH* BREAD FRESH FRUIT+ HEALTHY HEART SPREAD MILK	SWEDISH MEATBALLS EGG NOODLES* SAUTEED GREEN BEANS+ BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	CLOSED IN OBSERVANCE OF THE CHRISTMAS HOLIDAY	MEAT & CHEESE LASAGNA SAUTEED CARROTS & PEAS* FRUIT CUP+ BREAD HEALTHY HEART SPREAD MILK
Monday 12/29/25	Tuesday 12/30/25	Wednesday 12/31/25		
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	PORK CHOPS W/SPICED APPLES MASHED SWEET POTATOES SAUTEED GREEN BEANS+ BREAD FRESH FRUIT+ HEALTHY HEART SPREAD MILK		
Meal Pattern Requirement: (Meals provide a minimum of 1/4 RDA). ***MENU SUBJECT TO CHANGE WITHOUT NOTICE. NOTE: MEALS SERVED WITH 2% MILK 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 WE VALUE YOUR OPINION! PLEASE CALL LUS AT 223-7825 OR 223-7826 WITH YOUR FEEDBACK. WE WOULD LOVE TO HEAR FROM YOU! +denotes vitamin C requirements				