

## Meals on Wheels December 2019 Menu – Contact Debbie at 651-653-3123

MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6	SAT 7	SUN 8
Turkey Tetrazzini Egg Noodles Broccoli Diced Pineapple Minnesota Cookie	Jamaican Chicken Mashed Sweet Potato Okra & Tomatoes Dinner Roll & Butter Peanut Butter Cookie	Pork Stir Fry Brown Rice Asian Veggie Blend Warm Sliced Apples Chocolate Cookie <b>ALT: Chicken Stir Fry</b>	Beef Tips in Gravy Over Egg Noodles Peas & Carrots Fresh Fruit Mix	Cuban Beef Seasoned w/peppers & onions, Black Beans & Rice, Veggies, Plums Bread Pudding	<b>Beef Pot Roast Delivered Thurs 12/5</b>	<b>Turkey Tetrazzini Delivered Thurs 12/5</b>
9	10	11	12	13	14	15
Salisbury Steak Egg Noodles & Gravy Diced Carrots Applesauce Oatmeal Raisin cookie	BBQ Chicken <b>drumsticks</b> Roasted Potatoes Snap Peas & peppers Dinner Roll Fruited Jell-O	Turkey Meatloaf Mashed Potatoes Green Beans Dinner Roll & Butter Diced Pineapple Choc. Chip Muffin	Baked Penne Pasta Italian Sausage & tomato sauce, Braised Greens, Veggie blend Mandarin Oranges <b>ALT: Ground Turkey</b>	Chicken Enchilada <b>Bake</b> Corn & Peppers California Veggies Mixed Fruit Jam Bar	<b>Roast Turkey Delivered Thurs 12/12</b>	<b>Baked Ham Delivered Thurs 12/12</b>
16	17	18	19	20	21	22
Hot Turkey Sandwich Open faced on Wheat Mashed Potatoes & Gravy Vegetable Blend Peanut Butter Cookie	BBQ Pork Loin w/Biscuit & Honey Sweet Corn Diced Peaches <b>ALT: BBQ Chicken</b>	Chili Mac Casserole Ground beef & tomato Green beans Baked apples Blueberry muffin	Beef Lasagna Broccoli & baby carrots Dinner Roll Mixed Fruit cup	Chicken Melt on <b>toast</b> Cheddar Cheese Peas & Carrots Sugar Cookie	<b>Salisbury Steak Delivered Thurs 12/19</b>	<b>Orange Chicken Delivered Thurs 12/19</b>
CLOSED 23	CLOSED 24	CLOSED 25	26	27	28	29
<b>Greek Chicken Pasta Delivered Fri. 12/20</b>	<b>Beef Pot Roast Delivered Fri. 12/20</b>	<b>Roast Turkey w/gravy Delivered Fri 12/20</b>	Breakfast Hash Cheesy Egg Scramble on potatoes, Turkey Sausage, warm Pears English muffin & butter	Latin Chicken Chimichurri sauce, Red beans & Rice Sweet corn, apple slices, Choc. Chip cookie	<b>Sloppy Joe Delivered Thurs 12/26</b>	<b>Beef Quesadilla Delivered Thurs 12/26</b>
CLOSED 30	CLOSED 31	CLOSED Jan 1	Call 651-3123 to Order <b>ALT Meal in yellow or Weekend Meals in Green</b>		ALL Meals are served with your Choice of 1% Milk OR a variety of Juices	
<b>Cilantro Lime Chicken Delivered Fri. 12/27</b>	<b>Baked Ham Delivered Fri 12/27</b>	<b>Beef Pot Roast Delivered Fri. 12/27</b>	<b>Chili Mac casserole Delivered Thurs Jan 2</b>	<b>Rosemary Chicken Delivered Thurs Jan 2</b>		

### DECEMBER CHOICE MEALS Call 651-653-3123

1. Beef Pot Roast      2. Roast Turkey Dinner      3. Tuna Melt      4. Vegetarian Alfredo