

## Meals on Wheels December 2020 Menu – Contact Debbie at 651-653-3123

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
7	8	9	NEW 10 NEW	11	12	13
<b>ALL Meals are served with Choice of 1% Milk OR Juice variety</b>	<b>NEW 1 NEW</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	Honey Mustard Chicken, Roasted potatoes, Green beans Mandarin oranges Dinner roll & brownie	Spaghetti w/meat sauce Warm diced pears Steamed Broccoli Peach cobbler cookie	Parmesan Crusted Fish, Brown Rice, California Veggies, Baby Carrots, cookie <b>ALT: Parm. Chicken</b>	Beef Stew Onions, potatoes & carrots in gravy Peas Pineapple, Dinner roll	Chicken Enchilada Bake Delivered Thurs 12/3	Turkey Tetrazzini Delivered Thurs 12/3
Chicken Enchilada Bake Chicken, tortilla, veggies w/cheese & sauce, Corn & peppers Veggie blend Choc. Chip Cookie	Beef Sloppy Joe Mashed potatoes Diced carrots Fresh fruit Whole wheat bun	Turkey Tetrazzini Mixed veggies, egg noodles in cream sauce Steamed broccoli Baked apples Spice cookie	Sweet & Sour Chicken w/pineapple & Peppers Asian veggie blend Brown rice Choc sea salt cookie	Beef Tips in Gravy Egg noodles Peas & carrots Diced Pears	Chili Mac Casserole  Delivered Thurs 12/10	Rosemary Chicken  Delivered Thurs 11/12
14	15	16	17	18	19	20
Beef Pot Roast Beef & Gravy w/mashed potatoes Peas & Carrots Dinner Roll Molasses Cookie	BBQ Chicken Leg (Drummies) Roasted sweet potatoes, Collard greens, Corn muffin Fruit Cocktail	Chili Mac Casserole Ground beef & noodles in tomato sauce, Green beans, baked apples M&M Cookie	Rosemary Chicken breast Roasted potatoes, Sweet peas, Warm diced peaches, Dinner roll & butter	Cheesy Ham & broccoli casserole, over noodles, Veggies, Choc Chip muffin <b>ALT: Chicken casserole</b>	Sloppy Joe Delivered Thurs 12/17	Orange Chicken Delivered Thurs 12/17
21	22	<b>CLOSED 23</b>	<b>CLOSED 24</b>	<b>CLOSED 25</b>	26	27
Beef Chili Ground beef & Beans in tomato sauce, Sliced Carrots, Corn muffin & Applesauce	Chicken Melt w/cheddar slice to be served open faced on toast, peas & carrots, Sugar Cookie	<b>Beef Pot Roast</b>  <b>DELIVERED</b> <b>Tuesday Dec. 22</b>	<b>Roast Turkey Dinner</b> <b>DELIVERED</b> <b>Tuesday Dec. 22</b>	<b>Orange Chicken</b>  <b>DELIVERED</b> <b>Tuesday Dec. 22</b>	<b>Chili Mac Casserole</b> <b>Delivered</b> <b>MON 12/21</b>	<b>Chicken Stir Fry</b> <b>Delivered</b> <b>MON 12/21</b>
28	29	<b>CLOSED 30</b>	<b>CLOSED 31</b>	<b>CLOSED 1</b>	Jan 2	Jan 3
Baked Chicken w/spinach cream sauce, egg noodles Italian veggies Chocolate Pudding	Herb Roasted Chicken w/gravy, mashed sweet potatoes, sliced zucchini Dinner roll & Cookie	<b>Rosemary Chicken breast</b>  <b>Delivered Tuesday</b> <b>Dec. 29</b>	<b>Salisbury steak</b>  <b>Delivered Tuesday</b> <b>Dec. 29</b>	<b>Breakfast Hash</b>  <b>Delivered Tuesday</b> <b>Dec. 29</b>	<b>Chicken Enchilada Bake</b> <b>Delivered</b> <b>Mon 12/28</b>	<b>Turkey Tetrazzini</b> <b>Delivered</b> <b>Mon 12/28</b>

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

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|------------------------|---------------------------|
| 1. Salisbury Steak     | 2. Rosemary Chicken       |
| 3. Egg & Cheese Strata | 4. Herb Roasted Pork Loin |

Call 651-653-3123 to Order  
**ALT Meal in yellow** OR Weekend Meals