



MOUNDS VIEW MEALS ON WHEELS

DECEMBER 2024 MENU

651-621-7950



RAMSEY COUNTY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p><u>THREE CHEESE TURKEY PASTA</u> Whole Wheat Penne Pasta 5 Way Vegetable Medley Dessert</p>	<p>3</p> <p><u>GINGER SOY FISH</u> Brown Rice Asian Vegetable Medley Fruit Cup Dessert <i>Alt: Ginger Soy Chicken</i></p>	<p>4</p> <p><u>CHEESEBURGER</u> Whole Wheat Bun Cheddar Cheese Vegetarian Baked Beans Fruit Cup</p>	<p>5</p> <p><u>SWEET POTATO BEAN CHILI</u> Cauliflower Florets Cornbread Muffin with Butter Fruit Cup</p>	<p>6</p> <p><u>BBQ CHICKEN</u> Brown Rice Chuckwagon Vegetable Blend Fruit Cup Dessert</p>
<p>9</p> <p><u>TUNA CASSEROLE</u> Whole Wheat Egg Noodles Capri Vegetable Blend Dessert <i>Alt: Chicken Casserole</i></p>	<p>10</p> <p><u>GINGER HONEY GLAZED PORK</u> Brown Rice Broccoli Fruit Cup Dessert <i>Alt: Ginger Honey Glazed Chicken</i></p>	<p>11</p> <p><u>CHICKEN WILD RICE SOUP</u> Green Beans Fruit Cup Dessert</p>	<p>12</p> <p><u>HARVEST SALAD</u> *COLD* Fruit Cup Dessert</p>	<p>13</p> <p><u>MEATLOAF</u> Mashed Potatoes and Gravy Peas Fruit Cup</p>
<p>16</p> <p><u>SLOPPY JOE</u> Hamburger Bun Roasted Potato Hash Broccoli Fruit Cup</p>	<p>17</p> <p><u>BAKED FISH WITH HERB SAUCE</u> Barley Risotto Brussel Sprouts Fruit Cup Dessert <i>Alt: Baked Chicken with Herb Sauce</i></p>	<p>18</p> <p><u>BEEF LASAGNA</u> Mixed Vegetable Blend Fruit Cup</p>	<p>19</p> <p><u>SOUTHWEST TURKEY TACO BOWL</u> Black Beans and Rice Italian Vegetable Blend Fruit Cup Dessert</p>	<p>20</p> <p><u>CHICKEN STEW WITH DUMPLINGS</u> Green Beans Fruit Cup Dessert</p>
<p>23</p> <p><u>GARLIC SALMON BOWL</u> Brown Rice Edamame Fruit Cup Dessert <i>Alt: Garlic Chicken Bowl</i></p>	<p>24</p> <p><u>NO MEAL DELIVERY TODAY & DEC 25</u> SEE YOU THURSDAY, DEC 26</p>	<p>25</p> <p><u>NO MEAL DELIVERY HOLIDAY MEALS WILL BE DELIVERED DEC 23. TUE & WED FROZEN MEAL CLIENTS WILL RECEIVE DELIVERY ON MONDAY</u></p>	<p>26</p> <p><u>LENTIL TACO BOWL</u> Spanish rice and mixed vegetables Fruit Cup</p>	<p>27</p> <p><u>MACARONI AND CHEESE</u> California Vegetable Medley Dessert</p>
<p>30</p> <p><u>GREEK CHICKEN PASTA</u> Whole Wheat Pasta Diced Carrots Fruit Cup Dessert</p>	<p>31</p> <p><u>NO MEAL DELIVERY TODAY & JAN 1ST</u> SEE YOU THURSDAY, JAN 2, 2025</p>	<p><u>NO MEAL DELIVERY HOLIDAY MEALS WILL BE DELIVERED DEC 30. TUE & WED FROZEN MEAL CLIENTS WILL RECEIVE DELIVERY ON MONDAY</u></p>	<p>HOLIDAY NOTICE WE WILL BE CLOSED DEC 24, 25, 31 AND JAN 1. EXTRA MEALS WILL BE DELIVERED DEC 23 & 30 TO COVER THE HOLIDAY CLOSURES.</p>	<p>Beverage choice of 1% Milk or Juice is served with every meal.</p>

We do our best to reflect the menu; however, meal substitutions may be necessary based on availability. To contact Meals on Wheels call 651-621-7950.