



MOUNDS VIEW MEALS ON WHEELS

DECEMBER 2025

MENU

651-621-7950



RAMSEY COUNTY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p><u>Three Cheese Turkey Pasta</u> Capri Vegetable Blend Fruit Cup</p>	<p>2</p> <p><u>Sweet and Sour Chicken</u> Brown Rice Edamame, Broccoli, Corn, Red Bell Pepper, Carrots Fruit Cup</p>	<p>3</p> <p><u>Beef Cabbage Roll Bowl</u> White Rice Peas and Carrots Fruit Cup Dessert</p>	<p>4</p> <p><u>Lemon Garlic Fish</u> Barley Risotto Peas Dessert <i>Alt: Lemon Garlic Chicken</i></p>	<p>5</p> <p><u>Mediterranean Veggie Pasta Salad</u> Whole Wheat Pasta, Chickpeas, Roasted Vegetables, Feta, Italian Dressing Dessert</p>
<p>8</p> <p><u>Beef Cottage Pie</u> Mashed Potatoes Green Beans Fruit Cup</p>	<p>9</p> <p><u>BBQ Chicken</u> Brown Rice Chuckwagon Vegetable Blend Fruit Cup</p>	<p>10</p> <p><u>Macaroni and Cheese</u> Whole Wheat Elbow Noodles Mixed Vegetables Dessert</p>	<p>11</p> <p><u>Tuna Nicoise Pasta Salad *COLD*</u> Whole Wheat Pasta, Tuna, Hard Boiled Egg Dessert Banana <i>Alt: Chicken Nicoise Pasta Salad *COLD*</i></p>	<p>12</p> <p><u>Garlic Parmesan Pork</u> Barley Risotto Corn Dessert <i>Alt: Garlic Parmesan Chicken</i></p>
<p>15</p> <p><u>Breakfast Sandwich on English Muffin</u> Turkey Sausage Egg Patty Provolone Cheese Breakfast Potato Hash Fruit Cup</p>	<p>16</p> <p><u>Mustard Herb Roasted Fish</u> Wild Rice Pilaf Corn Fruit Cup Dessert <i>Alt: Mustard Herb Chicken</i></p>	<p>17</p> <p><u>Primavera Casserole</u> Whole Wheat Pasta Peas and Carrots Dessert</p>	<p>18</p> <p><u>Chicken Salad Kit *COLD*</u> 3 Bean Salad Roasted Sweet Potatoes Dinner Roll Butter Apple Slices</p>	<p>19</p> <p><u>Salisbury Steak</u> Whole Wheat Egg Noodles Mushroom Gravy Mixed Vegetables Dessert</p>
<p>22</p> <p><u>Beef Lasagna</u> Zucchini, Cauliflower, Green Beans, Carrot, Lima Beans Dessert</p>	<p>23</p> <p><u>Baked Fish w/ Spinach Cream Sauce</u> Whole Wheat Pasta Capri Vegetable Blend Fruit Cup Dessert <i>Alt: Baked Chicken w/ Spinach Cream Sauce</i></p>	<p>24</p> <p><u>NO MEAL DELIVERY DEC 24 OR DEC 25</u> SEE YOU FRIDAY, DECEMBER 26</p>	<p>25</p> <p><u>NO MEAL DELIVERY HOLIDAY MEALS WILL BE DELIVERED DEC 23. WED & THU FROZEN MEAL CLIENTS WILL RECEIVE DELIVERY ON TUESDAY DEC 23.</u></p>	<p>26</p> <p><u>Chicken Wild Rice Hotdish</u> Corn Fruit Cup</p>
<p>29</p> <p><u>Cheesy Chicken and Rice</u> Peas, Zucchini, Carrots, Onion, & Green Beans Dessert</p>	<p>30</p> <p><u>Beef Chili</u> Brown Rice Cheddar Cheese Dessert</p>	<p>31</p> <p><u>NO MEAL DELIVERY DEC 31 OR JAN 1</u> SEE YOU FRIDAY, JAN 2, 2026</p>	<p>1</p> <p><u>NO MEAL DELIVERY HOLIDAY MEALS WILL BE DELIVERED DEC 30. WED & THU FROZEN MEAL CLIENTS WILL RECEIVE DELIVERY ON TUESDAY DEC 30.</u></p>	<p><u>HOLIDAY NOTICE</u> 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>

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.