



# Meals on Wheels menu December 2018

Mon	Tues	Wed	Thur	Fri
BBQ riblet sandwich on hoagie roll Mixed vegetables Coleslaw Banana pudding Beverage <b>3</b>	Mexican beef Soft shell Lettuce, tomato, salsa, cheese Refried beans Applesauce Beverage <b>4</b>	Oven baked chicken with gravy Broccoli Baby carrots Wheat roll w/margarine Oatmeal cream pie Beverage <b>5</b>	Beef stew with peas and carrots Rice Tossed salad with dressing Peach cobbler Beverage <b>6</b>	Herbed baked fish with tartar sauce Rice Stewed tomatoes Green beans Fresh fruit Beverage <b>7</b>
Salisbury steak with gravy Mashed potatoes Mixed vegetables Whole wheat roll Diced peaches Beverage <b>10</b>	Chicken fricassee Brown rice Tossed salad with dressing Collard greens Yogurt Beverage <b>11</b>	Spaghetti in meat sauce Green peas Tossed salad with dressing Banana pudding Beverage <b>12</b>	Baked ham Sweet carrots Black-eyed peas Corn muffin with margarine Gelatin with fruit Beverage <b>13</b>	Roast beef with gravy Rice Rutabagas Steamed broccoli Fresh fruit Beverage <b>14</b>
Pork chop Yam patties Greens Corn muffin with margarine Pineapple tidbits Beverage <b>17</b>	Chili with beans Whole kernel corn Tossed salad with dressing Whole wheat crackers Apple cobbler Beverage <b>18</b>	Pot roast with gravy Mashed potatoes Broccoli Whole wheat roll Gelatin with fruit Beverage <b>19</b>	Lemon herb chicken Cabbage Sliced carrots Yellow rice Yogurt Beverage <b>20</b>	Fresh baked turkey Cornbread dressing w/giblet gravy and cranberry sauce Yam patty Greens Ambrosia Beverage <b>21</b>
Beef stew Green beans Rutabagas Corn muffin with margarine Oatmeal cream pie Beverage <b>24</b>	Baked ham Black-eyed peas Sweet carrots Biscuit with margarine Gelatin with fruit Beverage <b>25</b>	Lemon baked fish Green beans Coleslaw Spanish rice Orange Beverage <b>26</b>	Hamburger on whole wheat bun Lettuce, tomato, onion, mayo, ketchup, mustard Baked beans Apple crisp Beverage <b>27</b>	Oven baked chicken with mushroom gravy Yellow rice Black-eyes peas Cabbage Fresh fruit Beverage <b>28</b>
BBQ riblet sandwich on hoagie roll Mixed vegetables Coleslaw Banana pudding Beverage <b>31</b>				

\*Menu subject to market availability

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