









MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu A - Meals On Wheels **Menu B - Senior Centers Only** This will include all side meal components as listed	Suggested meal donation • \$3.00  This meal is high in sodium See back of menu for nutrition information. 	1 A: Chicken Alfredo B: Cheesy Beef Ziti Italian Green Beans Scalloped Tomatoes Wheat Roll Tropical Fruit	2 A: Cheeseburger Macaroni B: Tuna Noodle Bake Broccoli Cauliflower with Red Peppers Wheat Bread Butterscotch Pudding *Diet - Vanilla Pudding	3 A: Baked Chicken with Gravy B: Honey Mustard Glazed Ham Mixed Beans Chuckwagon Corn Cornbread Muffin Fresh Banana
6 A: Sloppy Joe B: Breaded Chicken Patty Sliced Beets Green Beans Whole Grain Hamburger Bun Fresh Fruit	7 A: Marinara Turkey Meatballs B: Polish Sausage w/Sauerkraut Whipped Potatoes Sliced Carrots Hot Dog Bun Fresh Fruit	8 Birthday Day! A: Oven Fried Chicken B: Roast Beef with Gravy Whipped Potatoes with Gravy Green Peas with Onions Wheat Roll Brownie and Ice Cream *Diet-Brownie and Ice Cream 	9 A: Hamburger Patty B: Shredded BBQ Pork Lettuce/Tomato/Onion Baked Beans Whole Grain Hamburger Bun Hot Cinnamon Applesauce	10 A: Potato Crusted Fish B: Liver and Onions Macaroni and Cheese Caribbean Vegetables Wheat Bread Lime Gelatin *Diet - Gelatin
13 A: Lemon Pepper Fish B: Western Baked Beef Twice Whipped Potatoes Creamed Peas Wheat Bread Nutty Buddy Bar 	14 A: Salisbury Beef w/Onion Gravy B: Chicken Piccata Cheesy Rice Mixed Vegetables Wheat Bread Fresh Fruit	15 A: Turkey and Rice Casserole B: Beef Stroganoff Harvard Beets Brussels Sprouts Multigrain Bread Fruited Cherry Gelatin *Diet - Fruited Gelatin	16 A: Meatloaf with Brown Gravy B: Tuscan Pork Roast Lima Beans Parmesan Tomatoes Dinner Roll Chocolate Chip Cookie *Diet - Graham Crackers 	17 A: Spinach Lasagna B: Beef Spaghetti Casserole Peas and Carrots Broccoli Texas Bread Fresh Fruit
20 A: Chicken Ratatouille B: Turkey Cacciatore Parslied Penne Pasta Tangy Spinach Texas Bread Fresh Fruit	21 A: Teriyaki Beef B: Sweet and Sour Pork Loin Rice Ginger Carrots Dinner Roll Graham Crackers	22 A: Confetti Chicken B: Country Steak Tenders/Gravy Mashed Sweet Potatoes Green Peas with Pearl Onions Texas Bread Fresh Fruit	23 Christmas Day Meal A: Roast Beef with Gravy B: Sliced Ham with Raisin Sauce Mashed Spiced Yams Green Beans Dinner Roll Red Velvet Cake *Diet - Red Velvet Cake 	24 CHRISTMAS HOLIDAY! ALL CENTERS CLOSED NO MEAL DELIVERY 
27 A: Beef Taco Meat B: Chicken Taco Meat Shredded Cheese Lettuce and Tomato Mixed Beans Tortilla Chips Hot Spiced Peaches	28 A: Turkey and White Beans B: Tuna Tetrizzini Broccoli Sliced Carrots Texas Bread Fruit Cocktail	29 A: Tomato Swiss Steak B: BBQ Mustard Shredded Pork Rice Pilaf Green Beans Multigrain Bread Fresh Fruit	30 A: Lemon Herb Chicken B: Meatloaf with Brown Gravy Crispy Cubed Potatoes Orange Beets Wheat Roll Fresh Fruit 	31 NEW YEAR'S HOLIDAY! ALL CENTERS CLOSED NO MEAL DELIVERY 