



Meals On Wheels

Meals are just our first course!

December 2015 Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	<ul style="list-style-type: none"> • Teriyaki Chicken • Herbed Stuffing • Succotash • Cream of Tomato Rice Soup • Fresh Fruit 	<ul style="list-style-type: none"> • Meatloaf w/Gravy • Red Bliss Potatoes • Braised Cabbage • Cake • DIAB-Sf Cookie 	<ul style="list-style-type: none"> • Baked Cod w/Pineapple Salsa • Brown Rice • Lentil Soup • Broccoli • Ice Cream • DIAB-Sf Ice Cream 	<ul style="list-style-type: none"> • Pork w/Sauerkraut Gravy • Noodles • Diced Turnips • Applesauce
7	8	9	10	11
<ul style="list-style-type: none"> • Turkey Chili w/Shredded Cheese • Potato Leek Soup • Rice • Lettuce & Tomato • Pineapple 	HANNUKAH MEAL <ul style="list-style-type: none"> • Pot Roast W/ Gravy • Potato Pancake w/Applesauce • California Blend Vegetables • Jelly Donut 	<ul style="list-style-type: none"> • Potato & Cheese • Perogies w/Sautéed Onions & Sour Cream • Navy Bean Soup • Spinach • Cake • DIAB-5 Vanilla Wafers 	<ul style="list-style-type: none"> • Barbequed Chicken • Fresh Yams • Mixed Vegetables • Jello w/Whipped Topping • DIAB-Sf Jello 	<ul style="list-style-type: none"> • Breaded Fish w/Cheese • Slice On Bun • Tartar Sauce • Tomato Florentine Soup • Corn Niblets • Leaf Lettuce & Tomato Slices • Fresh Fruit
14	15	16	17	18
<ul style="list-style-type: none"> • Macaroni & Cheese • Stewed Tomatoes • Italian Blend Vegetables • Lemon Pudding w/Whipped Topping • DIAB-Sf Pudding 	<ul style="list-style-type: none"> • Apricot Glazed Chicken • Cauliflower • Mashed Yams • Ice Cream • DIAB-Sf Ice Cream 	<ul style="list-style-type: none"> • Meatballs w/Tomato Sauce • Navy Bean Soup • Broccoli • Wheat Penne • Cake • DIAB-Vanilla Wafers 	<ul style="list-style-type: none"> • Chicken Marsala • Brown Rice • Carrots • Fresh Fruit 	<ul style="list-style-type: none"> • Pork w/Gravy • Lentil Soup • Red Mashed Potatoes • Red Cabbage • Applesauce
21	22	23	24	25
<ul style="list-style-type: none"> • Lemon Baked Chicken • Chicken Noodle Soup • Yams • California Blend Vegetables • Pineapple 	<ul style="list-style-type: none"> • Baked Fish w/Pineapple Salsa • Brown Rice • Sautéed Spinach • Fresh Fruit 	CHRISTMAS MEAL <ul style="list-style-type: none"> • Ham w/Pineapple Sauce • Cream of Celery Soup • Scalloped Potatoes • Asparagus • Holiday Dessert 	<ul style="list-style-type: none"> • Meatloaf w/Gravy • Red Mashed Potatoes • Braised Cabbage • Tropical Fruit Salad 	CENTERS CLOSED
28	29	30	31	
<ul style="list-style-type: none"> • Chicken Cutlet Parmesan • Whole Wheat Penne Pasta • Italian Blend Vegetables • Peaches 	<ul style="list-style-type: none"> • Macaroni & Cheese • Spit Pea Soup • Stewed Tomatoes • Fresh Fruit 	<ul style="list-style-type: none"> • Stuffed Peppers • Mashed Potatoes • Mixed Vegetables • Cake • DIAB-Sf Cookie 	NEW YEAR'S MEAL <ul style="list-style-type: none"> • Chicken Cordon Bleu • Potato Leek Soup • Rice • Scandinavian Vegetables • Holiday Dessert 	