

December

Menu

Please make a donation at sco.org/aging-adult-services to help provide meals for seniors. Meals on Wheels menus may vary.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WINTER HOLIDAY MEAL SLICED HAM Pineapple Sauce Mashed Potatoes Mixed Vegetables Whole Wheat Dinner Roll Raspberry Gelatin w/ Whip Cherry Pie				
SALISBURY STEAK w/ Brown Gravy Roasted Red Potatoes Scandinavian Blend Vegetables Mandarin Oranges	BAKED CHICKEN BREAST Creole Sauce Mashed Potatoes Mixed Vegetables Whole Wheat Dinner Roll Seasonal Fresh Fruit	BEEF ENCHILADA BAKE Whole Kernel Corn Garden Vegetable Salad Pears	CHICKEN PARMESAN Rotini Pasta Italian Blend Vegetables Green Peas Cherry Gelatin w/ Mixed Fruit	PORK RIBBLETT w/ BBQ Sauce German Potato Salad Italian Blend Vegetables Spinach/Romaine Salad Spiced Peaches
COUNTRY MEATBALLS w/ Country Sauce Whole Grain Penne Pasta Mixed Vegetables Fresh Orange	WINTER HOLIDAY MEAL OR CHICKEN POMODORO Rotini Pasta Green Beans Carrots Garlic Breadstick Orange Gelatin w/ Pears	BAKED CHICKEN BREAST w/ Cream Sauce Brown Rice Green Peas Spinach/Romaine Salad Peach Crisp	PORK RIBBLETT w/ BBQ Sauce Baked Potato Wedges Normandy Blend Vegetables Fresh Tangerine	SWEET & SOUR PORK Lo Mein Noodles Broccoli Cuts Whole Wheat Dinner Roll Pineapple Tidbits
PORK CARNITAS Whole Kernel Corn Refried Beans Whole Grain Tortilla Fresh Tangerine	BREAKFAST BURRITO w/ Cheese Sauce Bell Pepper & Onions Fresh Orange	TURKEY PATTY w/ Creole Sauce Mashed Potatoes Broccoli Cuts Scandinavian Blend Vegetables Bread Pudding w/ Raisins & Caramel Sauce	BAKED CHICKEN THIGH w/ Marsala Sauce Whole Grain Penne Pasta Mixed Vegetables Spinach/Romaine Salad Chocolate Chip Cookie	WINTER HOLIDAY MEAL OR CHICKEN POMODORO Rotini Pasta Green Beans Carrots Garlic Breadstick Orange Gelatin w/ Pears
HOLIDAY - CENTERS CLOSED FOR CHRISTMAS	CALYPSO CHICKEN Whole Kernel Corn Pasta Fresh Tangerine Lemon Cookie	PAPIKA BAKED CHICKEN w/ Cream Sauce Barley Risotto Scandinavian Blend Vegetables Pears	MEATBALLS w/ Marinara Sauce Herbed Noodles Carrots Whole Kernel Corn Breadsticks Lime Citrus Mold	BEEF STRIPS Brown Rice Bell Pepper & Onions Capri Blend Vegetables Whole Wheat Roll Fresh Banana
				NEW YEAR HOLIDAY MEAL ROAST PORK BBQ Glaze Spinach/Romaine Salad Green Beans Almandine Cornbread Dutch Apple Crisp

*Alternate meals at select senior centers only

All meals served with 8 oz milk and appropriate condiments

Winter Holiday Meal served on the 12th or 15th at Select Centers

Alternate meals for December*: **Potato Bar with Fruit and Sour Cream:**

Week 1 – Beef Chili w/Beans, Cheese Sauce w/Broccoli

Week 2 – No Alternate – Special Holiday Meals

Week 3 – Chicken Chili; Cheese Sauce w/Broccoli

Week 4 – Pork Chili; Cheese Sauce w/Broccoli