

December

Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BAKED CHICKEN BREAST w/ Marsala Sauce Roasted Red Potatoes California Blend Vegetables Fresh Apple Sugar Cookie 3	BIRTHDAY MEAL SALISBURY STEAK w/ Brown Gravy Mashed Potatoes Glazed Carrots Tropical Mixed Fruit 4	BEEF & CHEESE MAC Cauliflower & Broccoli Garden Vegetable Salad Bread Stick Pineapple Salad Dressing 5	GERMAN MEATBALLS w/ German Sauce Whole Grain Pasta Coleslaw Seasons Carrots Lemon Pudding 6	TURKEY POT ROAST w/ Gravy Over Biscuit Green Peas Spinach/Romaine Salad Pears Salad Dressing 7
WHITE BEAN CHICKEN CHILI Seasoned Green Beans Normandy Blend Vegetables Pear Cobbler Whole Wheat Dinner Roll Butter 10	HOLIDAY SPECIAL OR BBQ RIBETTE Mixed Vegetables O'Brien Potatoes Seasonal Fruit BBQ Sauce 11	SWEET & SOUR PORK Steamed Brown Rice Cut Green Beans Whole Kernel Corn Mandarin Oranges 12	BAKED CHICKEN BREAST Honey Glaze Noodles California Blend Vegetables Green Peas Pineapple Pudding 13	HOLIDAY SPECIAL OR BBQ RIBETTE Mixed Vegetables O'Brien Potatoes Seasonal Fruit BBQ Sauce 14
TERIYAKI MEATBALLS w/ Teriyaki Sauce w/ Steamed Brown Rice Broccoli Cuts & Florets Seasoned Carrots Rocky Road Pudding 17	MEATLOAF w/ Brown Gravy Mashed Potatoes Stewed Tomatoes Fresh Tangerine 18	ITALIAN MEAT SAUCE Spaghetti Pasta Seasoned Cut Green Beans Spinach Romaine Salad/Dressing Applesauce Breadstick 19	TURKEY BURGER on a Bun Lettuce/Tomato Baked Beans Mixed Vegetables BBQ Sauce 20	SWISS STYLE BEEF STEAK Whipped Potatoes Normandy Blend Vegetables Spinach Spiced Apples 21
CHICKEN THIGH w/ Mushroom Gravy Seasoned Brown Rice Broccoli Cuts & Florets Whole Kernel Corn Lemon Cookie 24	CLOSED FOR THE HOLIDAY 25	POTATO CRUSTED FISH w/ Tartar Sauce Peas & Onions Garden Veg. Salad/Dressing Canned Peas Cookies 'n Cream Pudding 26	CHICKEN BREAST w/ Cordon Bleu Sauce Bowtie Pasta Seasoned Green Beans Seasoned Carrots Fresh Banana 27	NEW YEAR'S SPECIAL ROAST PORK W/ BBQ GLAZE Spinach/Romaine Salad/Dressing Green Beans Almondine Cornbread, Butter Dutch Apple Crisp 28
SALISBURY STEAK w/ Brown Gravy Mashed Potatoes Mixed Vegetables Stewed Tomatoes Fresh Apple 31	HOLIDAY SPECIAL SLICED HAM w/ GRAVY Mashed Potatoes & Stuffing Peas & Carrots Whole Grain Dinner Roll/Butter Green Cloud Salad Cherry Pie			

Alternate meals for December*: Soup or Salad

- Week 1** – Chili w/ Beans, Baked Potato & Broccoli
- Week 2** – No Alternates for the Week
- Week 3** – Pork Chili, Broccoli & Baked Potato
- Week 4** – Taco Salad, Black Beans & Spanish Rice

*Alternate meals at select senior centers only
All meals served with 8 oz milk and appropriate condiments