

December 2017

Meals on Wheels (623) 931-7436

| Su | Mon | Tue | Wed | Thu | Fri | S |
|----|--|---|--|---|--------------------|----|
| | | | MILK SERVED DAILY: 1/2 PINT | | NO LUNCH SERVED | 1 |
| | 4 Tuna Noodle Casserole Stewed Tomatoes Country Mix Veg. Fruit/Dessert | 5 Best Baked Ziti Italian Green Beans Caribbean Blend Veg Fruit/Dessert | 6 Roasted Pork Loin Mashed Potatoes Scandinavian Mix Veg. Fruit/Dessert | 7 Tasty Turkey Sage Stuffing Green Beans Fruit/Dessert | NO LUNCH SERVED | 8 |
| | 11 Beefy Fajitas Charro Beans Spanish Rice Fruit/Dessert | 12 Chicken Cordon Bleu Rosemary Potatoes Brussel Sprouts Fruit/Dessert | 13 HOLIDAY LUNCH Glazed Ham Scalloped Potatoes Asparagus Fruit/Dessert | 14 Lemon Peppered Fish Baby Carrots Fiesta Blend Veg. Fruit/Dessert | NO LUNCH SERVED | 15 |
| | 18 Beefy Stuffed Pepper Garden Blend Rice Carrot Coins Fruit/Dessert | 19 Yummy Chicken Pot Pie Country Mix Veg. Broccoli Fruit/Dessert | 20 Hearty Salisbury Steak Mashed Potatoes Green Beans Fruit/Dessert | 21 Savory Turkey Chili & Beans Calif Blend Veg. Fruit/Dessert | NO LUNCH SERVED | 22 |
| | 25 HOLIDAY NO LUNCH SERVED | 26 Flaky Baked Tilapia Baked Sweet Potatoes Normandy Blend Veg. Fruit/Dessert | 27 Green Peppered Steak Midori Blend Veg. Mandarin Mix Veg. Fruit/Dessert | 28 Yum Chicken & Dumplings Peas Calif Blend Veg. Fruit/Dessert | NO LUNCH SERVED | 29 |
| | | | | | | |

****YWCA MENU SUBJECT TO CHANGE****