

## December 2018

Meals on Wheels (623) 931-7436

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Teriyaki Chicken Egg Roll Asian Blend Veg. Mandarin Oranges	4 Pulled Pork Baby Carrots Asparagus Fresh Fruit	5 Beef Goulash Winter Blend Veg. Green Beans Peaches	6 Chicken Caesar Salad Sliced Tomatoes Potato Salad Fruited Yogurt	7 <b>NO LUNCH SERVED</b>	8
9	10 Pork Roast Mashed Potatoes Green Beans Tropical Fruit Mix	11 Beef Stir Fry Steamed Cabbage Snap Peas Fresh Fruit	12 Tuna Salad Sliced Tomatoes Chilled Beets Fruited Gelatin	13 Beef Stuffed Pepper w/Rice Baby Carrots Fruit Crisp	14 <b>NO LUNCH SERVED</b>	15
16	17 Veal Parmigiana Italian Blend Veg. Asparagus Pears	18 BBQ Chicken Tri-Colored Potatoes Country Mix Veg. Fresh Fruit	19 <b>Holiday Luncheon</b> Chicken Cordon Bleu Twice Baked Potato French Green Beans Frosted Cake	20 Tilapia Coleslaw Seasoned Potatoes Peaches	21 <b>NO LUNCH SERVED</b>	22
23	24 <b>HOLIDAY NO LUNCH SERVED</b>	25 <b>HOLIDAY NO LUNCH SERVED</b>	26 Beef Stew w/stew mix veggies Broccoli Baked Apples	27 Chicken Rotini Baby Carrots Italian Green Beans Fruit Cocktail	28 <b>NO LUNCH SERVED</b>	29
30	31 Western Omelet Sausage Links Breakfast Potatoes Blueberry Muffin	<b>MILK SERVED DAILY: 1/2 PINT</b>	<i>"Cherish your human connections - your relationships with friends and family."</i> Barbara Bush	<b>Meal Delivery Time 10:15-1:30 p.m. Please be ready for your Driver</b>	<b>*Special Diets May Vary*</b>	