


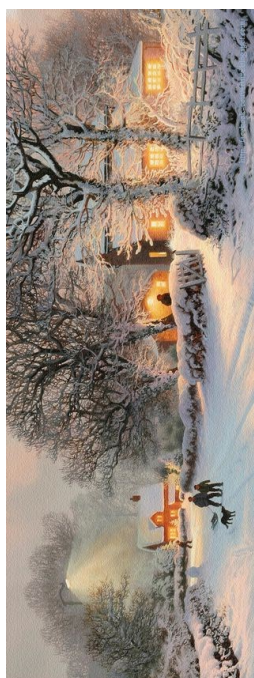


Meals on Wheels December 2018 Center 50+ Dining



Weeks	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 December 3rd—7th	Three Bean Salad Cheese Ravioli Broccoli Sourdough Bread Pudding	Beet Salad Swedish Meatballs Italian Vegetables Dinner Roll Angel Food Cake	House Salad Herb Roasted Chicken Mashed Potatoes Green Beans Dinner Roll Fruit Salad	Mexi-Slaw Chicken Enchilada Broccoli Chips & Salsa Pears	Corn & Tomato Salsa Chili Con Carne Brown Rice Peas & Carrots Corn Bread Jell-O
Week 2 December 10th—14th	Three Bean Salad Chicken Casserole Brussel Sprouts Sourdough Bread Pudding	House Salad Salisbury Steak Mashed Potatoes Green Beans Dinner Roll Brownie	Asian Slaw Chicken Stir-Fry Yakisoba Noodles Sugar Snap Peas Oranges Fortune Cookies	Peas & Cheese Sloppy Joes Tater Tots Broccoli Hamburger Bun Fruit Salad	Coleslaw Baked Fish or Chicken Tater Tots Green Beans Dinner Roll Jell-O
Week 3 December 17th—21st	Carrot Raisin Salad Chili Con Carne Brown Rice Broccoli & Corn Bread Pudding	Mexi-Slaw Chicken Enchiladas Peas & Carrots Mixed Vegetables Chips & Salsa Pears	Beet Salad Spaghetti w/ Meatballs Brussel Sprouts Dinner Roll Mixed Fruit	Cranberry Sauce Roasted Turkey Mashed Potatoes Green Beans Dinner Roll Pumpkin Pie	Three Bean Salad Lasagna Italian Vegetables Rosemary Bread Birthday Cake
Week 4 December 24th—28th	Turkey & Mashed Potato Dinner Prepared by Center 50+	Closed for Christmas 	Three Bean Salad Cheese Ravioli Broccoli Sourdough Bread Pudding	Peas & Cheese Herb Crusted Chicken Mashed Potatoes Brussel Sprouts Rosemary Bread Pears	Coleslaw Salmon Cake Rice Pilaf Italian Vegetables Dinner Roll Brownie
Week 5 December 31st	Beet Salad Beef Burgundy Egg Noodles Broccoli Rosemary Bread & Pears	January lunch tickets will be available starting Wednesday December 26th. Guests age 60 and over may qualify for free lunches through the Older American Act Program. More information available at Meals on Wheels office (2nd floor at Center 50+).			



Meals on Wheels Office 503-364-2856