



DECEMBER MEALS ON WHEELS COLD MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 TURKEY TWIST PASTA SALAD RED FLAME GRAPES CORN AND BLACK BEAN SALAD WHOLE GRAIN ROLL
4 WHOLE WHEAT BAGEL HONEY CINNAMON RED FLAME GRAPES BLACK EYED PEA SALAD	5 CHICKEN PESTO PASTA SALAD MAR. TOMATOES & ONIONS*** FRUIT COCKTAIL WHOLE GRAIN ROLL	6 HONEY HAM AND CHEDDAR WHEAT BUN AND LEAF LETTUCE POTATO SALAD PEARS	7 MEDITERRANEAN TURKEY SALAD PEACHES MOZZARELLA CHEESE CUBES WHOLE GRAIN ROLL	8 TURKEY PESTO WRAP APPLE SAUCE MARINATED TOMATOES
11 COLD CHINESE CHICKEN SALAD MARINATED CALIFORNIA SALAD MANDARIN ORANGES CHOWMEIN NOODLES	12 THAI BEEF SALAD CITRUS CABBAGE SLAW*** PEARS WHOLE GRAIN ROLL	13 <small>Chanukah</small> ROTINI AND TUNA PASTA SALAD BROCCOLI SALAD STRAWBERRY YOGURT WHOLE GRAIN ROLL	14 ROAST BEEF AND CHEESE WHEAT BUN AND LEAF LETTUCE TROPICAL FRUIT COTTAGE CHEESE & TOM WEDGE	15 HAM SALAD ON MIXED GREENS EGG AND TOMATO WEDGES PEARS BROCCOLI SALAD WHOLE GRAIN ROLL
18 CHICKEN SALAD ON LEAF LETTUCE CANTELOPE SLICE ZUCCHINI SLAW CINNAMON APPLESAUCE WHOLE WHEAT CRACKERS	19 TURKEY TWIST PASTA SALAD PEARS MARINATED TOMATOES*** WHOLE GRAIN ROLL	20 VEGETARIAN TACO SALAD COTTAGE CHEESE RED FLAME GRAPES TORTILLA CHIPS SALSA AND RANCH PACKETS	21 <small>Dec. Solstice</small> TURKEY AND SWISS WHEAT BUN AND LEAF LETTUCE MANDARIN ORANGES PICKLED BEETS MAYO PKT	22 <small>Frozen Meal</small> LASAGNA WITH ITALIAN SAUSAGE CALIFORNIA VEGETABLES WARM CINNAMON APPLES
25 <small>Christmas Day Frozen Meal</small> TURKEY TETRAZZINI GREEN BEANS AND CARROTS POACHED PEARS	26 <small>Kwanzaa begins</small> HERBED CREAM CHEESE BROCCOLI AND CAULIFLOWER MANDARIN ORANGES BLACK EYED PEA SALAD*** WHOLE WHEAT BAGEL	27 EGG SALAD ON GREENS W/ TOMATO BROCCOLI AND CAULIFLOWER TROPICAL FRUIT WHOLE GRAIN ROLL	28 CHEF SALAD WITH TURKEY, EGGS AND TOMATOES COTTAGE CHEESE MANDARIN ORANGES CROUTONS	29 <small>Frozen Meal</small> HERB CHICKEN BRUSSELS SPROUTS CHERRY CRISP
<p>Each meal meets the new A.A.A. approved nutritional guidelines. All meals have between 80-120 grams of carbohydrates. All meals are trans-fat free.</p>				