



DECEMBER MEALS ON WHEELS HOT MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 VEGETABLE LASAGNA HARVARD BEETS BLUEBERRY AND CHERRY CRISP WHOLE GRAIN ROLL
4 CORNEB BEEF HASH SCRAMBLED EGGS PEACH COBBLER FRUIT MUFFIN	5 PORK ROAST WITH GRAVY MASHED POTATOES CORN PEAS AND CARROTS RICE PUDDING WHOLE GRAIN ROLL	6 BARBEQUED CHICKEN THIGH COLLARD GREENS BANANA BREAD PUDDING BUTTERMILK BISCUIT	7 LASAGNA WITH ITALIAN SAUSAGE CALIFORNIA VEGETABLES CINNAMON APPLES WHOLE GRAIN ROLL	8 CHICKEN FLORENTINE PASTA SAUTEED CARROTS PEACH CRISP WHOLE GRAIN ROLL
11 DIRTY RICE BLACK EYED PEAS CHERRY COBBLER WHOLE GRAIN ROLL	12 SPAGHETTI AND MEAT SAUCE GREEN BEANS AND CARROTS PEACH CRISP WHOLE GRAIN ROLL	13 <small>Chanukah</small> HONEY HAM SCALLOP POTATOES GLAZED CARROTS CHERRY COBBLER	14 SWEET AND SOUR PORK BROWN RICE SIMMERED GREEN CABBAGE PINEAPPLE UPSIDE DOWN CAKE CHOWMEIN NOODLES	15 TUSCAN SHRIMP PASTA GREEN BEANS AND WAX BEANS BANANA CARAMEL CAKE WHOLE GRAIN ROLL
18 QUICHE LORRAINE POTATOES O'BRIEN PEACH CRISP FRUIT MUFFIN	19 MEATLOAF WITH GRAVY MASHED POTATOES CORN PUDDING STEWED TOMATOES WHOLE GRAIN ROLL	20 BEEF ENCHILADA BAKE CILANTRO RICE APPLE COBBLER WHOLE GRAIN ROLL	21 <small>Dec. Solstice</small> BEEF STROGANOFF SAUTEED SPINACH SPICED APPLE RINGS WHOLE GRAIN ROLL	22 <small>Frozen Meal</small> MACARONI AND CHEESE SAUTEED SPINACH OATMEAL CAKE BAKE
25 <small>Christmas Day Frozen Meal</small> HONEY HAM SCALLOPED POTATOES GLAZED CARROTS CHERRY COBBLER	26 <small>Kwanzaa begins</small> HUNGARIAN GOULASH SWEET AND SOUR CABBAGE WARM CINNAMON APPLES WHOLE GRAIN ROLL	27 CHICKEN AND RICE CASSEROLE SAUTEED CARROTS CINNAMON APPLES WHOLE GRAIN ROLL	28 CHICKEN CACCIATORE SAUTEED SPINACH RICE PUDDING WHOLE GRAIN ROLL	29 <small>Frozen Meal</small> CHICKEN FLORENTINE PASTA SAUTEED CARROTS PEACH CRISP

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.

