

# Meals on Wheels Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Lasagna Rollette with Cheese & Marinara Sauce Garden Peas with Mushrooms Mandarin Oranges	2 Spinach & Onion Quiche Brown Rice Pilaf with Vegetables California Mixed Veggies Red Delicious Apple	3 Sweet-n-Sour Pork with Vegetable Sauce Brown Rice with Lentils & Vegetables Green Beans Pineapple Tidbits	4 Baked Ham with Raisin Sauce Sweet Potatoes Capri Blend Vegetables Fruit Crisp with Cream	5 Pot Roast with Vegetable Sauce Boiled Parsley Potatoes Brussels Sprouts Apple Slices
8 Beef Minestrone Soup with Crackers Sliced Carrots Yogurt Parfait with Strawberries	9 Rollettes with Three Cheese Sauce Green & Waxed Beans Winter Squash Mandarin Oranges	10 Chicken & Gravy with a Southern Biscuit Diced Carrots Mashed Cauliflower Carrot Cake with Icing 	11 BBQ Pork Loin Mashed Potatoes Brussels Sprouts Apricots	12 Au Gratin Sliced Potatoes with Diced Turkey & Cheddar Vegetable Blend with Lentils Chocolate Chip & Date Cookie
15 Cheese Omelet Home Fries Green Beans Orange	16 Baked Penne Pasta with Mozzarella & Ricotta & Sausage Links Winter Blend Vegetables Fruit Cocktail	17 Chicken Fingers with Sauce Home Fries Diced Carrots Pineapple Chunks	18 Beef with BBQ Sauce Baked Beans Broccoli Florets Peaches	19 Chicken Tarragon Vegetable Brown Rice Pilaf Chopped Spinach Tropical Fruit Salad
22 Turkey a la King Mashed Potatoes Harvard Beets Pumpkin Cookie with Craisins	23 Hungarian Goulash Diced Potatoes with Parsley Brussels Sprouts Apple Crisp with Topping	24 Meatloaf with Brown Sauce Garlic Home Fries Green Beans Mandarin Oranges with Cream	25 Chicken & Gravy Mashed Potatoes Sliced Carrots with Parsley Pumpkin Custard with Cream	26 Swedish Steak with Mushroom Sauce Vegetable Brown Rice Pilaf California Mixed Veggies Grapes
29 Oven Roasted Pork Cutlet with Panko Crumbs & Apple Tidbit Sauce Sweet Potatoes Vegetable Blend Vanilla Pudding & Peaches	30 Beef, Bean & Vegetable Stew with Potatoes & a Biscuit Broccoli Florets Pears			

**Milk and bread are served with meals. A dietetic dessert is available upon request. The menu is subject to change.**