

December 2021

Meals on Wheels Menu “Meals are subject to change”

Call Gina @ 515-829-7203 with any Changes or Cancelations

MON	TUE	WED	THU	FRI	SAT	SUN
		1	2	3	4	5
		Glazed Chicken Sweet Potatoes & Apples Parslied Cauliflower Bread with Margarine Fresh Orange Milk	Meatloaf Southwest Rice Dinner Roll Tossed Salad w/ Dressing Peaches Milk	Creamed Turkey Mashed Potatoes Cascade Blend Vegetables Mixed Fruit Milk		
6	7	8	9	10	11	12
Braised Steak French Onion Rice Fried Cabbage Warm Fruit Compote Milk	Italian Grinder Potato Wedges Parmesan Green Beans Peaches Milk	Glazed Ham Baked Sweet Potato Peas Bread with Margarine Berry Cup Milk	Roast Turkey Stuffing Caramelized Butternut Squash Fresh Orange Milk	Spaghetti & Meat Sauce Broccoli & Cauliflower Dinner Roll Pineapple Milk		
13	14	15	16	17	18	19
Baked Chicken Cheesy Rice Broccoli Florets Dinner Roll Strawberries Milk	Roast Turkey Cranberry Sauce Fried Potatoes Dilled Green Beans Dinner Roll Blueberries Milk	Crumb Baked Pork Chop Mashed Potatoes w/ Gravy Cascade Blend Vegetables Cinnamon Baked Apples Milk	Goulash Parslied Cauliflower Dinner Roll Banana Milk	Hushpuppy Fish Filets French Fries Brown Butter & Garlic Peas Bread & Margarine Mixed Fruit Milk		
20	21	22	23	24	25	26
Pork Loin Mashed Potatoes Peas Bread & Margarine Applesauce Milk	Baked Apricot Chicken Stuffing Carrots Dinner Roll Mixed Fruit Milk	Cheesesteak Tater Casserole Beets Dinner Roll Peaches Milk	Ham Balls Scalloped Potatoes Green Beans Dinner Roll Pineapple Milk	Shrimp Tenders Macaroni & Cheese Mixed Vegetables Bread with Margarine Strawberries Milk		
27	28	29	30	31		
Lasagna Corn Bread with Margarine Pears Milk	Fried Chicken Candied Sweet Potatoes Green Beans w/ Bacon Bread with Margarine Mixed Fruit Milk	Beef Pot Roast Mashed Potatoes Harvard Beets Bread with Margarine Cinnamon Applesauce Milk	Glazed Pork Loin Mashed Potatoes Cascade Blend Vegetables Bread with Margarine Strawberries Milk	Classic Tuna & Noodles Seasonal Vegetables Bread with Margarine Peaches Milk		