



December 2022

Perry Lutheran Homes Meals on Wheels Menu

****Meals are subject to change****
Meals are served with 2% milk unless you request not to receive milk.
Call Gina at (515) 829-7203 with any changes or cancelations.

MON	TUE	WED	THU	FRI	SAT	SUN
			1	2	3	4
Pork Medallions w/ cranberry cream sauce Yams Bread w/ Margarine Peaches	Chicken Lasagna Italian Blend Vegetables Dinner Roll w/ Margarine Banana	Smoked Sausage Dumplings & Cabbage Marinated Cucumbers Bread w/ Margarine Cinnamon Apples	Chicken Piccata Long Grain & Wild Rice Parslied Carrots Dinner Roll w/ margarine Mandarin Oranges	Salmon Patty Creamed Peas & Potatoes Bread w/ Margarine Chilled Fruit		
5	6	7	8	9	10	11
Cheesy Meatloaf Seasoned Mini potatoes Cascade Blend Vegetable Bread w/ Margarine Mixed Fruit	Vegetable Beef Stew Biscuit Creamy Coleslaw Pineapple	Bratwurst on a Bun Sauerkraut Country Style Potatoes Apricots	Roast Beef Mashed Potatoes w/ Gravy Candied Ginger Carrots Bread w/ Margarine Applesauce	Popcorn Shrimp Vegetable Fried Rice Broccoli Florets Chilled Fruit Dinner Roll/ Margarin		
12	13	14	15	16	17	18
Fried Chicken Mashed Potatoes w/ Gravy Green Beans Cinnamon Applesauce	Shepard's Pie Seasoned Peas Bread w/ Margarine Diced Pears	Apple Butter Pork Chops Stuffing Roasted Butternut Squash w/ craisins Fruit	Pork Tenderloin on Bun Fried Potatoes Corn Peaches	Fish Sticks Macaroni & Cheese Creamy Coleslaw Mandarin Oranges Bread w/ Margarine		
19	20	21	22	23	24	25
Turkey A La King Biscuit Beets Applesauce	Ritzy Chicken Divan Casserole Onion Roasted Potatoes Brussel Sprouts Banana	Open Faced Hot Pork Sandwich Mashed Potatoes w/ gravy Broccoli Pineapple & Strawberries	Enchilada Bake Street Corn Chilled Fruit	Catch of the Day O'Brien Potatoes Green Bean Casserole Fruit Cocktail Bread w/ Margarine	Christmas Eve	Christmas Day
26	27	28	29	30	31	
Spaghetti w/ meat sauce Seasonal Vegetables Dinner Roll w/ Margarine Berry Cup	Molasses Glazed Pork Loin Candied Yams Green Beans Bread w/ Margarine Peaches	BBQ Chicken Macaroni & Cheese Creamy Coleslaw Dinner Roll w/ Margarine Diced Pears	Classic Meatloaf Mashed Potatoes w/ gravy Corn Bread w/ Margarine Pineapple	Fish & Chips Broccoli Dinner Roll w/ Margarine Banana	New Year's Eve	