

Meals on Wheels Menu | DECEMBER 2018

Please keep this menu for reference.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3	4	5	6	7	8	9
Broccoli Stuffed Chicken Breast	Tuna Salad on Croissant	Meatloaf w/ Gravy	Chicken Alfredo	Baked Ziti w/ Sausage & Marinara	Chicken Chow Mein	Slow Roasted Beef
10	11	12	13	14	15	16
Manicotti w∕ Marinara	BLT	Beef Chili w∕ Cheese	Chicken Cacciatore	Salmon in Sesame Ginger Sauce	Meatloaf w∕ Gravy	Broccoli Stuffed Chicken Breast
17	18	19	20	21	22	23
Pork Carnitas w/ Pepper, Onion, Cheese, Sour Cream, Salsa	Breaded Chicken Sandwich w/ Lettuce & Tomato	BBQ Beef Sandwich	Baked Ham	Baked Citrus Tilapia	Chicken Cacciatore	Salmon in Sesame Ginger Sauce
24	25	26	27	28	29	30
Manicotti w∕ Marinara	Christmas Holiday Baked Ham	Chicken al a King	Pork Loin w∕ Gravy	Sloppy Joe	BBQ Beef Sandwich	Chicken Alfredo
31	Jan 1, 2019					
Crab Cakes	New Year's Day Holiday Pork Loin w⁄ Gravy				HEALS ON WHEELS AMERICA 2018 MEMBER	

Menu substitutions may occur without notice. Clients are advised to keep a 3-day supply of non-perishable foods and bottled water in the event of inclement weather or other emergencies that may cause a temporary suspension of service.