



December 2019 Menu



Mon	Tue	Wed	Thu	Fri
2 Vegetable Beef Stew Rice Green Peas Peaches Orange Slices	3 Grilled Chicken Breast Stewed Tomatoes Lima Beans Dilled Cucumber Salad Fresh Fruit Pumpkin Cupcake	4 Great Northern Beans Collard Greens Macaroni & Cheese Skillet Cornbread Mandarin Oranges 2 Gingerbread Cookies	5 Chicken Pot Pie Green Beans Roasted Sweet Potatoes Red Grapes Red Velvet Cupcake	6 Pork Loin Stir-Fried Cabbage Black-Eyed Peas Skillet Cornbread Applesauce Seasonal Fresh Fruit
9 Sliced Ham w/ Pineapple Vegetable Trio Sweet Potato Casserole Whole Wheat Roll Fresh Fruit Peach Pie	10 Sloppy Joe Tater Tots Baked Apples Bun Coleslaw Mandarin Oranges	11 Beef Tips (over Rice) Stewed Tomatoes Fried Okra Pineapple Tidbits Fresh Fruit	12 Golden Roast Chicken (leg & thigh) Creamed spinach Mac & Cheese Whole Wheat Roll Mixed Fruit Apple Slices	13 BBQ Pork Potato Wedges Cinnamon Apples Bun Three Bean Salad Fresh Fruit
16 Steakburger Lima Bean Scalloped Potatoes Fresh Fruit Peaches	17 Chicken, Broccoli & Rice Casserole Green Beans Glazed Carrots Whole Wheat Roll Fresh Fruit Pears	18 Fajita Chicken (over Mexican Rice) Refried Beans Cinnamon Peaches Shredded Lettice & Diced Tomatoes Flour Tortillas / Sour Cream Shredded Cheddar Cheese	19 Grilled Ham Steak Red Bliss Potatoes Steamed Broccoli Whole Wheat Roll Three Bean Salad Fruit Cocktail	20 Salisbury Steak w/ Gravy Spinach Mashed Potatoes Fresh Fruit Pineapple Tidbits Vanilla Cupcake
23 Roast Beef Rice & Gravy Broccoli w/ Lemon Butter Whole Wheat Roll Cranberry Jell-O Chocolate Chess Pie	24 CLOSED 	25 CLOSED 	26 Scrambled Eggs Bacon Hash Brown Casserole Buttermilk Biscuit / Butter / Jelly Sliced Tomatoes Peaches	27 Sweet BBQ Chicken Breast Rice Pilaf Roasted Brussels Sprouts Applesauce Green Grapes Chocolate Cake
30 Chicken Sausages & Sauerkraut Red Bliss Potatoes Steamed Broccoli Peaches Fresh Fruit	31 Pork Tenderloin w/ Mustard Sauce Collard Greens Black-Eyed Peas Skillet Cornbread Orange Slices Cherry Jell-O w/ Pineapple		<u>MEAT SUBSTITUTE MEAL</u> Grilled Chicken Breast Spinach Carrots Mini Wheat Roll Peaches Fresh Fruit	<u>VEGETABLE SUBSTITUTE MEAL</u> Great Northern Beans Spinach Carrots Mini Wheat Roll Peaches Fresh Fruit

2% Milk will be served with all meals. You may order the Meat or Vegetable Substitute Meal option in place of what's offered on the menu. **All substitute meal orders and cancellations must be received by noon, one business day before needed, by calling the Meals on Wheels office at 704-633-0352.** *Menu is subject to change without notice