

Senior Café and Meals on Wheels

December

2023

27-Nov		28-Nov		29-Nov		30-Nov		1-Dec	
Size	Zesty Beef & Bean Skillet	Size	Turkey Sandwich	Size	Falafel Bowl	Size	Mushroom Pork Loin	Size	Tomato Basil Chicken
8oz	Low Fat Milk	8oz	Low Fat Milk	8oz	Low Fat Milk	8oz	Low Fat Milk	8oz	Low Fat Milk
1ea	Orange Cup	1ea	Papaya & Mango Cup	1ea	Pineapple Cup	1ea	Raisins	1ea	Peach Cup
5oz	Braised Pinto Beans	2ea	Multigrain Bread	3oz	Falafel	4oz	Red Potato	4.5oz	Whole Grain Spaghetti
4oz	Zucchini	2.5oz	Sliced Turkey	4oz	Herb Infused Chickpeas	4oz	Collard Greens	5oz	Tomato Basil Sauce
3oz	Ground Beef	3.5oz	Rotini Pasta Salad	3oz	Fajita Vegetables	3oz	Pork Loin	3oz	Cauliflower
4.5oz	Citrus & Corn Blend			1oz	Sour Cream	4oz	Creamed Mushrooms	2oz	Chicken Breast
		1ea	Mayonnaise Packet					0.75oz	Mozzarella
		1ea	Mustard Packet	1ea	Chocolate Chip Cookie				
4-Dec		5-Dec		6-Dec		7-Dec		8-Dec	
Serving Size	Sweet & Sour Meatballs	Serving Size	Caprese Pasta Salad	Serving Size	Smoky Red Beans & Rice	Serving Size	BBQ Pork & Succotash	Serving Size	Chicken & Black Bean Bowl
8oz	Low Fat Milk	8oz	Low Fat Chocolate Milk	8oz	Low Fat Milk	8oz	Low Fat Milk	8oz	Low Fat Milk
1ea	Applesauce	1ea	Pineapple Cup	1ea	Peach Cup	1ea	Applesauce	1ea	Raisins
4oz	Brown Rice	6oz	Pasta Salad	5oz	Red Beans	6oz	Corn Succotash	2oz	Chicken Breast
6oz	Stir Fry Vegetables	2oz	Chicken Breast	4oz	Brown Rice	3oz	BBQ Pulled Pork	5oz	Black Bean Stew
3oz	Beef Meatballs	3oz	Steamed Spinach	3oz	Fajita Vegetables	4oz	Carrots	3oz	Lime Pepper Squash & Corn
1oz	Sweet & Sour Sauce					1ea	Whole Grain Dinner Roll	2oz	Guacamole
		3.5oz	Butterscotch Pudding	1ea	1oz Cheese stick				
11-Dec		12-Dec		13-Dec		14-Dec		15-Dec	
Serving Size	Beef Bolognese	Serving Size	Ham & Cheese Sandwich	Serving Size	Roast Pork & Cinnamon Apples	Serving Size	Chicken Bacon Ranch Sandwich	Serving Size	Smoked Beef Brunswick Stew
8oz	Low Fat Chocolate Milk	8oz	Low Fat Milk	8oz	Low Fat Chocolate Milk	8oz	Low Fat Milk	8oz	Low Fat Milk
1ea	Orange Cup	1ea	Peach Cup	1ea	Pineapple Cup	1ea	Orange Cup		
4.5oz	Whole Grain Penne	2ea	Multigrain Bread	4oz	Red Potatoes	1ea	Whole Grain Bun	5oz	Smoked Beef Stew
3.5oz	Marinara	2.5oz	Sliced Ham	3oz	Carrots	0.5oz	Chopped Bacon	4oz	Lima Beans & Corn
4oz	Beef Bolognese	0.5oz	Cheddar	3oz	Cinnamon Apples	1ea	Whole Grain Chicken Patty	2ea	Wheat Bread
		3oz	German Potato Salad	3oz	Roast Pork	1ea	Ranch Packet	1ea	Butter Cup
		1ea	Mayonnaise Packet			4oz	Sweet Potato		
		1ea	Mustard Packet						*Meal contains pork*
18-Dec		19-Dec		20-Dec		21-Dec		22-Dec	
Serving Size	Southern Black Eyed Peas	Serving Size	Tarragon Chicken Salad	Serving Size	Kansas City Meatloaf	Serving Size	Lemon Pepper Pollock	Serving Size	Cheeseburger
8oz	Low Fat Milk	8oz	Low Fat Milk	8oz	Low Fat Milk	8oz	Low Fat Chocolate Milk	8oz	Low Fat Milk
1ea	Raisins	1ea	Orange Cup	1ea	Raisins	1ea	Pineapple Cup		
6oz	Southern Black Eyed Peas	4oz	Chicken Salad	4oz	Smoked Cheddar Mashed Po	4oz	Baked Pollock	4oz	Corn Medley
4oz	Brown Rice	4oz	Sweet Pea Salad	4oz	Braised Collard Greens	4oz	Lemon Pepper Rice	3oz	Beef Patty
2.5oz	Carrots	2ea	Saltine	3oz	Beef Meatloaf	4oz	Tomato & Okra Stew	1ea	Whole Grain Bun
4oz	Peach Cobbler	1ea	Oreo	1oz	BBQ Sauce			0.5oz	Cheddar Cheese
								1ea	Ketchup Packet
1ea	1oz Cheese stick							1ea	Mayo Packet