

# Meals on Wheels of SW Michigan Senior Nutrition Services Congregate Menu



## December 2017

**Menu Is Subject To Change Without Notice**

Meals are Funded By



Along with Participant Contributions,  
United Way Partners, Grant Awards and  
Local Donations

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Meals Provide (per week) 85 grams of Carbs 600 - 850 Calories 19 grams Protein (per meal) 30% of Calories from Fat 800 mg Sodium 2% Milk Served / Meal</p>				<p><b>1</b> Chicken Marsala over Pasta Green Beans Stewed Tomatoes Whole Wheat Bread Pineapple Juice</p>
<p><b>4</b> Scalloped Potatoes &amp; Ham Broccoli Florets Winter Squash Whole Wheat Roll Apricots</p>	<p><b>5</b> Baked Manicotti Italian Vegetable Blend Cucumber Salad Whole Wheat Bread Sliced Pears</p>	<p><b>6</b> Country Chicken Macaroni &amp; Cheese Chef's Choice Vegetables Cornbread Applesauce</p>	<p><b>7</b> Hungarian Pork Chop Mashed Potatoes w/ Gravy Green Beans WW Roll Fruit Cocktail</p>	<p><b>8</b> Chinese Beef over Brown Rice Carrots Coins Spiced Red Cabbage Whole Wheat Bread Pineapple</p>
<p><b>11</b> Grilled Chicken Sandwich w/ Lettuce &amp; Tomato Chef's Choice Vegetables Sweet Yellow Corn Whole Wheat Bun Sliced Pears</p>	<p><b>12</b> Turkey à la King Mashed Potatoes California Blend Vegetables Whole Wheat Roll Jell-O w/ Mandarin Oranges</p>	<p><b>13</b> Breaded Baked Fish Baked Sweet Potatoes Broccoli Florets Whole Wheat Biscuit Peach Crisp</p>	<p><b>14 Christmas Dinner</b> Sliced Ham w/ Gravy Mashed Potatoes Corn Salad Dinner Rolls Mandarin Oranges Christmas Cookies</p>	<p><b>15</b> Salisbury Steak Mashed Potatoes w/ Gravy Lima Beans Dinner Roll Fruit Salad</p>
<p><b>18</b> Turkey Pot Pie Mashed Potatoes Seasoned Green Beans Whole Wheat Dinner Roll Crunchy Cranberry Salad</p>	<p><b>19</b> White Chicken Chili Red Skin Potatoes Mixed Salad w/ French Dressing Crackers Apricots</p>	<p><b>20</b> Chicken Teriyaki over Rice Oriental Bend Vegetables Whole Wheat Biscuit Apple Cobbler</p>	<p><b>21</b> Baked Ziti w/ Four Cheeses Side Salad w/ French Dressing Peas &amp; Onions French Bread Fruit Cocktail in Sugar Free Vanilla Pudding</p>	<p><b>22</b> Sloppy Joes Cream of Asparagus Soup Harvest Beets Crackers Applesauce</p>
<p><b>25</b>  <b>Closed for Christmas</b></p>	<p><b>26</b>  <b>Closed for the Christmas Holiday</b></p>	<p><b>27</b> Southwest Chicken over Rice Lemon Pepper Cauliflower Tossed Salad w/ French Dressing Whole Wheat Bread Fruited Jell-O</p>	<p><b>28</b> Spinach Ham Macaroni &amp; Cheese Zucchini &amp; Tomatoes Diced Carrots Crackers Lime Perfection Salad</p>	<p><b>29</b> Veal Parmesan w/ Sauce Over Linguine Italian Blend Vegetables Brussels Sprouts Whole Wheat Roll</p>