



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

DECEMBER 2018

Menu Is Subject To Change Without Notice

Meals are Funded By



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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Meatloaf Mac & Cheese Green Salad Whole Wheat Bread Pineapple	<b>4</b> Grilled Chicken Breast Cheese Rice Casserole Tomato and Cucumber Salad Crackers Peaches	<b>5</b> Pulled Pork Spanish Rice Three Bean Salad Whole Wheat Bun Seasonal Fruit	<b>6</b> Teriyaki Chicken Rice Steamed Broccoli Oriental Vegetables Pears	<b>7</b> Baked Pork Chop Macaroni Salad Green Beans Harvard Beets Whole Wheat Roll Fruit Jell-O
<b>10</b> Crispy Fish Filet Steamed Spinach Mixed Vegetables Breadstick Grapes	<b>11</b> Roasted Chicken Breast Pesto Pasta Celery & Carrots Cornbread Fruit Crisp	<b>12</b> Tuna Noodle Casserole Peas & Onions Carrots Whole Wheat Bread Applesauce	<b>13 Christmas Dinner</b> Roast Beef w/ Gravy Mashed Potatoes Green Salad w/ Ranch Peas Christmas Cookies	<b>14</b> Meat Lasagna Sliced Carrots Whole Wheat Roll Tossed Salad w/ Dressing Pears
<b>17</b> Salisbury Steak Steamed Broccoli Beets Whole Wheat Bread Pears	<b>18</b> Bratwurst Potato Salad Steamed Zucchini & Onions Whole Wheat Bun Apricots	<b>19</b> Baked Whitefish Rice / Quinoa Mix w/ Herbs Sweet & Sour Cabbage Whole Wheat Roll Ambrosia	<b>20</b> Egg & Cheese Frittata Potatoes O'Brien Sweet Corn Whole Wheat Roll Vanilla Pudding	<b>21</b> Chicken Enchilada Corn Tomato and Cucumber Salad Tortilla Mandarin Oranges
<b>24</b> <p style="text-align: center;"><b>Closed for Christmas Eve</b></p>	<b>25</b> <p style="text-align: center;"><b>Closed for Christmas</b></p>	<b>26</b> Roasted Pork Loin Baked Sweet Potatoes Celery Sticks w/ Ranch Whole Wheat Roll Baked Apples	<b>27</b> Spaghetti w/ Meat Sauce White Bean & Broccoli Salad Breadstick Peaches	<b>28</b> Quiche Lorraine Roasted Rosemary Potatoes Steamed Carrots Fruit Birthday Cake
<b>31</b> <p style="text-align: center;"><b>Closed for New Year's Eve</b></p>			Meals Provide (average per week) 75 grams of Carbs 800 Calories 19 grams Protein (per meal) 30% of Calories from Fat 800 mg Sodium 2% Milk Served / Meal	