


	Tuesday, December 1 Beef Taco Salad w/1 oz cheese Tomatoes/Lettuce 1 oz Corn Chips/Sour Cream 1/2c Spanish Rice 2x2 Emerald Pear Gelatin 8 oz. Low Fat Milk	Wednesday, December 2 4 oz Liver or Pepper Steak 1/2c Boiled New Potatoes Glazed Baby Carrots WW Bread/Margarine 1/2c Fruit Cocktail 8 oz. Low Fat Milk	Thursday, December 3 6oz Chick Wild Rice Hotdish 1/2 c Country Blend Veg 1/2c Pineapple Chunks Dinner Roll/Margarine Cookie 8 oz. Low Fat Milk	Friday, December 4
Monday, December 7 8 oz Scalloped Potato & Ham 1/2c Peas and Pearl Onions 1/2c. Cinnamon Apples WW Bread/Margarine Cookie 8 oz. Low Fat Milk	Tuesday, December 8 3 oz Pork Loin/Gravy 1/2c Mashed Potato 1/2c Broccoli Roll/ Margarine 2x3 Brownie 8 oz. Low Fat Milk	Wednesday, December 9 6 oz Chicken Noodle Soup 3 oz Egg Salad on Bun Pear Halves Crackers/Margarine 1/2c fruit Crisp w/whip top 8 oz. Low Fat Milk	Thursday, December 10 4 oz Baked Herb Fish Hashbrown Patty 1/2c Green Beans Roll/Margarine 1/2c Rainbow Sherbet 8 oz. Low Fat Milk	Friday, December 11
Monday, December 14 4 oz Meatloaf Baked Potato/Sr Cream 1/2 c Squash Corn Muffin / Marg 1/2c Applesauce 8 oz. Low Fat Milk	Tuesday, December 15 4 oz Turkey Burger 1/2 c. Potato Wedges 1/2c. Green Peas WW Bun 2x3 Raspberry Dream Cake 8 oz. Low Fat Milk	Wednesday, December 16 6 oz Chicken & Noodles 1/2c Peas & Carrots 1/2c Fresh Fruit Breadstick Cookie 8 oz. Low Fat Milk	Thursday, December 17 3 oz Pot Roast/Gravy 1/2c Mashed Potatoes 1/2c Green Bean Blend Roll/ Marg 1/2c Pudding 8 oz. Low Fat Milk	Friday, December 18
Monday, December 21 3 oz Sloppy Joe Filling 1/2c Potato Salad 1/2c Baked Beans WW Bun 1/2c Pineapple Chunks 8 oz. Low Fat Milk	Tuesday, December 22 3 oz Ginger Citrus Chicken 1/2c Brown Rice 1/2c Oriental Vegetable 1/2c Pear Halves Icecream 8 oz. Low Fat Milk	Wednesday, December 23 6 oz Lasagna 1/2 Creamy Cukes 1/2 c Mandarin Oranges Bread/Margarine Bar 8 oz. Low Fat Milk	Thursday, December 24	Friday, December 25
Monday, December 28 3 oz Crispy Baked Chicken 1/2c Mashed Potatoes/Gravy 1/2c Country Blend Veg Cookie 8 oz. Low Fat Milk	Tuesday, December 29 Beef Taco Salad w/1 oz cheese Tomatoes/Lettuce/ 1 oz Corn Chips/Sour Cream 1/2c Spanish Rice Red Jello w/ Fruit 8 oz. Low Fat Milk	Wednesday, December 30 4 oz Liver or Pepper Steak 1/2c Boiled New Potatoes Glazed Baby Carrots WW Bread/Margarine 1/2c Apricots 8 oz. Low Fat Milk	Thursday, December 31 Chicken Chow Mein 1/2 c Oriental Veg 1/2c Rice 1/2Pineapple Chunks Dinner Roll/Margarine Cookie 8 oz. Low Fat Milk	<p><b>Meals on Wheels</b> Dethlefs Community Center <b>320.796.5208</b></p>  <p><i>McKale's Catering of New London</i></p>

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