

SSM Health at Home - Meals On Wheels

December 2017 Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					Tater Tot Casserole with Green Beans Steamed Broccoli Fresh Fruit Whole Wheat Bread Carl's Cake	Honey Balsamic Chicken California Veggies Banana Green Salad Focaccia Jell-O
3	4	5	6	7	8	9
Sundried Chicken Alfredo with Linguini Zucchini & Yellow Squash Carrot-Apple Salad Focaccia Chocolate Pudding	Shepherd's Pie with Squash and Mashed Potatoes Three Bean Salad Whole Wheat Bread Apple Crisp	Chicken & Rice Casserole Corn Banana Cucumber Salad Whole Wheat Bread Carl's Cake	Southwest Beef Enchiladas with Corn & Black Beans Mexican Rice Fruit Cup Carrot-Apple Salad	Fish Cakes with Mustard Sauce Brown Rice California Veggies Banana Whole Wheat Bread Sugar Cookie	Chicken Fall Veggie Stew Peas Mandarin Oranges Green Salad Sourdough Bread Cinnamon Rice Pudding	Roast Pork Loin Parsley Potatoes Broccoli Applesauce Green Salad Whole Wheat Bread
10	11	12	13	14	15	16
Turkey Frittata Southwest Veggies Banana Wheat Bread Vanilla Pudding	Corned Beef and Cabbage Green Beans Fresh Fruit Cup Rye Bread Cookie	Meatballs & Marinara Spinach Polenta Three Bean Salad Applesauce Green Salad Focaccia	Chicken Cordon Bleu Rice Pilaf Veggie Salad Banana Whole Wheat Bread	Sloppy Joes with Bun Mashed Potatoes Three Bean Salad Fruit Cup Green Salad	Chicken & Black Bean Enchilada Spanish Rice Peas, Carrots & Roasted Red Peppers Carl's Cake	Citrus Chicken Broccoli & Cauliflower Fresh Fruit Cup Green Salad Whole Wheat Bread
17	18	19	20	21	22	23
Ground Beef Stroganoff with Noodles Steamed Broccoli Fresh Fruit Whole Wheat Bread Cookie	Turkey Breast with Gravy Mashed Potatoes Peas & Pearl Onions Fruit Cup Mixed Green Salad Whole Wheat Bread	BBQ Pulled Pork Macaroni & Cheese Veggie Salad Three Bean Salad Banana Cornbread Muffin	Roast Chicken Mashed Potatoes Green Beans Fruit Cup Whole Wheat Bread Carl's Cake	Bavarian Pork Stew with Sweet Potatoes & Carrots Fresh Fruit Cup Mixed Green Salad Focaccia	Whitefish Florentine Rice Pilaf Peas & Carrots Banana Whole Wheat Bread Tapioca Pudding	Braised Beef Sautéed Spinach & Carrots Applesauce Green Salad Rye Bread Banana Pudding
24	25	26	27	28	29	30
Rosemary Mustard Pork Brown Rice Sautéed Greens Fruit Cup Banana Pudding	Honey Baked Ham Roasted Sweet Potatoes Green Beans Applesauce Green Salad Whole Wheat Bread Cookie	Chicken & Pinto Bean Enchiladas Spanish Rice Roasted Red Peppers & Green Beans Green Salad Cherry Crisp	Lasagna Zucchini & Yellow Squash Fresh Fruit Cup Green Salad Focaccia	Roast Beef with Gravy Mashed Potatoes Honey Glazed Carrots Banana Whole Wheat Dinner Roll	Cider Roast Chicken Mashed Potatoes California Veggies Banana Whole Wheat Bread	Pot Roast Mashed Potatoes Broccoli & Cauliflower Fresh Fruit Whole Wheat Bread Cookie
31	<p align="center">Menu is subject to change without notice. No substitutions.</p> <p align="center">All menu items are prepared in kitchens that are not allergen-free.</p> <p align="center">We cannot guarantee that food allergens will not be transferred during cross-contact.</p>					
Spaghetti & Meatballs Broccoli & Cauliflower Fresh Fruit Green Salad Whole Wheat Bread						