

Home Delivered Nutrition Program

December 2024 – Menu

2 – Monday Salisbury Steak w/gravy Zucchini & Tomatoes Whipped Potatoes w/gravy Applesauce Graham Crackers	3 – Tuesday Swiss Chicken Casserole Seasoned Peas and Carrots Seasoned Red Beets Diced Peaches SF Vanilla Pudding	4 – Wednesday Pork Loin w/gravy Bread Dressing w/gravy Spinach w/ vinegar pk Kidney Bean Salad Pineapple Lorna Doones	5 – Thursday Veggie Frittata w/cheese Potatoes O'Brien Sausage Apricots WW Bread	6 – Friday Meatloaf & Whipped Potatoes w/ Gravy Seasoned Wax Beans Mixed Fruit SF Chocolate Pudding Bread
9 – Monday Mexican Chicken and Rice w/cheese Corn Broccoli Mandarin Oranges Graham Crackers Salsa & Sour Cream	10 – Tuesday Sloppy Joe Potatoes O'Brien Wax beans Tossed Salad w/Ranch Bun Pears	11 - Wednesday Shepherd's Pie Lima Beans Tarragon Baby Carrots Peaches Bread	12 – Thursday Tilapia OR Grilled Chicken Breast White Rice Garlic Green Beans Mixed Fruit SF Chocolate Pudding	13 - Friday Ham & Beans Corn Bread California Blend Tossed Salad w/ Reg Ranch Diced Peaches Bread
16 – Monday Salisbury Steak w/gravy Whipped Potatoes w/gravy Zucchini & Tomatoes Pears SF Vanilla Pudding Bread	17 – Tuesday Chicken and Noodles Seasoned Corn Spinach w/ vinegar pk Mandarines SF Chocolate Pudding	18 – Wednesday Meatloaf w/ gravy Whipped Potatoes w/ gravy Seasoned Wax Beans Baked Apples Lorna Doones Bread	19 – Thursday Shredded Pork w/homemade BBQ Baked Beans Broccoli Cole Slaw Applesauce Bun	20 – Friday Tender Beef Pot Roast w/gravy Potatoes w/gravy California Blend Apricots Vanilla Wafer Bread
23 – Monday Sloppy Joe Roasted Sweet Potatoes Seasoned Peas Bun Mixed Fruit SF Vanilla Pudding	24 – Tuesday (Frozen Meal) Beef & Egg Noodles w/ Gravy Prince Edward Blend Lima Beans	25 – Wednesday Honey Dijon Pork Roasted Sweet Potatoes Italian Vegetable Blend Apple Sauce Dinner Roll Holiday Dessert 	26 – Thursday Chicken Pot Pie Seasoned Broccoli Cauliflower Diced Peaches Graham Crackers - 2	27 – Friday Honey Sriracha Pork Garlic Green Beans White Rice Diced Pears Angel Food Cake
30 – Monday Goulash Green Beans Lorna Doones Pears Breadstick	31 – Tuesday Beef Stew Seasoned Wax Beans Potatoes w/gravy Apricots SF Vanilla Pudding Biscuit	1 – Wednesday (Frozen Meal) Ham & Beans Seasoned Corn California Blend 	2 – Thursday Honey Dijon Pork Roasted Sweet Potatoes Italian Vegetable Blend Applesauce Bread Vanilla Wafers	3 – Friday Tuna Noodle Casserole OR Turkey Patty w/gravy over White Rice Seasoned Broccoli Seasoned Cauliflower Mixed Fruit Graham Crackers Bread

**AQF desserts are diabetic-friendly treats for every palate. Our mixes are sugar free or no sugar added,

trans fat free, low cholesterol, low sodium and a good source of fiber. SF – sugar free ****Menu is subject to change****

All meals served with requested beverage.

You will only receive fish alternative if your diet requires “no fish”