



# Meals on Wheels menu December 2023

## REMINDERS

- You must be home to receive your meal(s) upon delivery.
- Please call our office at least two days prior if you know you will not be home.
- With advance notice, alternative meals can be sent to you to prevent missing or skipping your meal(s).
- When possible, please ask family members, friends or neighbors to report all hospitalizations and nursing home placements.

Monday	Tuesday (frozen meal)	Wednesday	Thursday (frozen meal)	Friday
<p>Call (912) 236-0363 at least 24 hours in advance to request a substitute frozen meal</p> <p>Choice A - Poultry Choice B - Fish Choice C - Beef Choice D - Vegetarian</p>				<p>Beef stew with onions and carrots Black-eyed peas Yellow rice Orange Milk</p>
<p>Chicken and broccoli rice casserole Green peas Peach crunch Milk</p>	<p>Swedish meatballs with linguini &amp; cream sauce Broccoli Black bean blend Fruit cup Beverage</p>	<p>Pot roast with vegetables Mashed potatoes Brussel sprouts Cookie Milk</p>	<p>Chicken with gravy Roasted potatoes Carrots Lima beans Fruit cup Beverage</p>	<p>Chipped barbeque chicken with bun Baked beans Coleslaw Apple cobbler Milk</p>
<p>Chicken fingers w/ honey mustard sauce English peas Macaroni &amp; cheese Cookie Milk</p>	<p>Salisbury steak Potatoes with gravy Peas and carrots Cauliflower Fruit cup Beverage</p>	<p>Meatloaf Potatoes au gratin Green beans Whole-wheat roll Fresh fruit Milk</p>	<p>Herb chicken &amp; gravy Mashed potatoes Green beans Fruit cup Beverage</p>	<p>Barbeque chicken Butter beans Mustard greens Yellow rice Waldorf salad Milk</p>
<p>Chicken tetrazzini with noodles English peas Steamed broccoli Fresh Fruit Milk</p>	<p>Chicken broccoli alfredo Zucchini Carrots Fruit cup Beverage</p>	<p>Cheeseburger with bun Baked beans Cole slaw Mustard/mayo Spiced apples Milk</p>	<p>Meatloaf w/tomato glaze Mashed potatoes Brussels sprouts and carrots Fruit cup Beverage</p>	<p>Turkey with gravy Cornbread dressing Yam patty Collard greens Cranberry sauce Carrot cake and Milk</p>
<p>Happy Holidays!</p>	<p>Happy Holidays!</p>	<p>Baked chicken w/gravy Snap green beans Okra and tomatoes Rice Pineapple tidbits Milk</p>	<p>Spaghetti &amp; meatballs Broccoli Black bean blend Fruit cup Beverage</p>	<p>Baked ham Black-eyed peas Mixed vegetables Rice Diced pears Milk</p>

\*Menu subject to market availability

(912) 236-0363 | [www.seniorcitizens-inc.org](http://www.seniorcitizens-inc.org) | toll-free (866) 579-2116