December Hot Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 SWEET AND SOUR PORK 17gm BROWN RICE 17gm SIMMERED GREEN CABBAGE 5gm PINEAPPLE UPSIDE DOWN CAKE 28gm CHOW MEIN NOODLES	**2** BEEF SLOPPY JOES 5gm BAKED BEANS 21gm CHOCOLATE ZUCHINNI CAKE 28gm WHOLE GRAIN BUN 35gm	**3** CHICKEN PARMESAN 43gm BRUSSEL Sprouts 7GM WARM CINNAMON APPLES 2gm WHOLE GRAIN ROLL 35gm	**4** BLACKENED TILAPIA 0gm SAUTEED SPINACH 3gm RICE PUDDING 18gm CORNBREAD MUFFIN 30gm
7 MACARONI AND CHEESE 19gm SAUTEED SPINACH 3gm OATMEAL CAKE 36gm WHOLE GRAIN ROLL 35gm	**8** HERB ROASTED CHICKEN 0gm BRUSSEL SPROUTS 7gm CHERRY CRISP 19gm WHOLE GRAIN ROLL 35gm	**9** SPAGHETTTI & MEATSAUCE 44gm GREEN BEAN & CARROTS 7gm PEACH CRISP 22gm WHOLE GRAIN ROLL 35gm	**10** MEATLOAF AND GRAVY 18gm MASHED POTATOES WITH GRAVY 17gm STEWED TOMATOES 4gm CORN PUDDING 22gm WHOLE GRAIN ROLL 35gm	**11** CHICKEN AND RICE CASSEROLE 42gm SAUTEED CARROTS 4gm WARM CINNAMON APPLES 20gm WHOLE GRAIN ROLL 35gm
14 PULLED PORK 5gm POTATOES O'BRIEN 12gm CARROT CAKE 23gm WHOLE GRAIN BUN 35gm	**15** BEEF ENCHILADA 13gm CILANTRO RICE 27gm APPLE COBBLER 26gm WHOLE GRAIN ROLL 35gm	**16** CORNED BEEF HASH 28gm SCRAMBLED EGGS 1gm PEACH COBBLER 26gm WHOLE GRAIN ROLL 35gm	**17** SHEPHARDS PIE 10gm CHEDDAR MASHED POTATOES 20gm SWEET RED CABBAGE 3gm VANILLA CHEESECAKE 16gm WHOLE GRAIN ROLL 35gm	**18** SMOTHERED PORKLOIN 5gm COLLARD GREENS 4gm WARM CINNAMON APPLES 20gm WHOLE GRAIN ROLL 35gm
21 SESAME CHICKEN 27gm WHITE RICE WAX BEANS AND PEPPERS 5gm PINEAPPLE UPSIDE DOWN CAKE 28gm WHOLE GRAIN ROLL 35gm	**22** HUNGARIAN GOULASH 17gm SWEET AND SOUR CABBAGE 4gm WARM CINNAMON APPLES 20gm WHOLE GRAIN ROLL 35gm	**23** BAKED HONEY GLAZED HAM SCALLOP POTATOES GREEN BEANS CHOCOLATE BROWNIE WHOLE GRAIN ROLL 35gm	**24** CLOSED	**25** CLOSED
28 CHICKEN CACCIATORE 13gm SAUTEED SPINACH 3gm RICE PUDDING 18gm WHOLE GRAIN ROLL 35gm	**29** BBQ CHICKEN THIGH 2gm COLLARD GREENS 4gm BANANA BREAD PUDDING 17gm CORNBREAD MUFFIN 30gm	**30** VEGETABLE ALFREDO 18gm WAX BEANS & PEPPERS 5gm CARAMEL CAKE 34gm WHOLE GRAIN ROLL 35gm	**31** CLOSED	**1** CLOSED

MEALS on WHEELS AMERICA

If you are not available to receive your daily meal, please call ahead of time to cancel. 269-382-0515. Kalamazoo, Ext. 300. Calhoun, Ext. 350.

MILESTONE senior services