

DECEMBER 2018

Meals on Wheels Menu Androscoggin, Franklin, & Oxford Counties THIS MENU IS SUBJECT TO CHANGE Low fat milk is included with each meal A loaf of bread provided monthly to each Meals on Wheels consumer

Monday	Tuesday	Wednesday	Thursday
3 Unstuffed Peppers Steamed Rice Mixed Vegetables Pears Filled Cookies	4 Turkey Sausage Waffles Stewed Tomatoes Chilled Juice Eclair	5 BBQ Pork Roasted Potatoes Brussel Sprouts Fresh Fruit Cake	6 Baked Chicken Au Gratin Potatoes Vegetable Medley Applesauce Mango Cup Jell-O
10 Fish Chowder Three Bean Salad Fresh Fruit Oyster Cracker Pie	11 Chicken Cacciatore Over Noodles Italian Vegetable Blend Fruit Cup Lemon Bar	12 Turkey Franks Baked Beans Biscuits Calico Corn Juice Cup Brownie	13 Meatloaf w/ Gravy Sweet Potato Peas & Onions Fresh Fruit Bread Pudding
17 Macaroni & Cheese Zucchini w/ Stewed Tomatoes Juice Chef's Choice	18 Beef Stew Cole Slaw Fresh Fruit Crackers Pudding Cup	19 Fish Sticks Scallop Potatoes Green Beans Peach Cup Rice Krispy Treat	20 Holiday Meal Baked Ham w/ Raisin Sauce Scallop Potato Glazed Baby Carrots Pineapple Mini Cheesecakes
Happy Holidays	25	26 Sweet & Sour Meatballs Rice Pilaf Oriental Vegetable Fresh Fruit Chocolate Chip Cookie	27 Chicken Hearty Soup Biscuit Pickled Beets Mandarin Orange cup Fruit Crisp
31 Beef Tips w/ Garlic Parmesan Potatoes Squash Spiced Apples Whoopie Pies	Seasons' Greetings		