



Meals on Wheels of Greeley December 2018 Menu

DECEMBER 3 Lemon Baked Fish Barley Casserole Peas and Carrots Yogurt Bread Tropical Fruit	DECEMBER 4 Meatloaf Cheesy Mashed Potatoes w/ Gravy Stewed Tomatoes Bread Carrot Raisin Slaw Apple Lentil Cookie	DECEMBER 5 Eggs w/ Onions and Green Peppers Sausage Patty French Toast w/ Compote Spinach with Almonds Cherry Tomatoes Banana	DECEMBER 6 Salisbury Steak w/ Mushroom Gravy Cheesy Mashed Potatoes Brussel Sprouts Bread Coleslaw Plum	DECEMBER 7 Chicken Chow Mein Brown Rice Oriental Vegetables with Almonds Pea and Cheese Salad Oranges Oatmeal Raisin Cookie
DECEMBER 10 Beef Stroganoff w/ Egg Noodles Green Beans Carrots Tomato Salad Kiwi Banana Cake	DECEMBER 11 King Ranch Chicken Harvard Beets Corn Coleslaw Peach Crisp Orange	DECEMBER 12 Amish Noodles w/ Ham Brussel Sprouts Carrots Black Eye Pea Salad Pears Bread	DECEMBER 13 Sloppy Joes w/ Bun Northwest Blend Cauliflower Four Bean Salad Mandarin Oranges	DECEMBER 14 Baked Chicken Mac and Cheese Peas and Pimentos Fruit Salad Bran Muffin
DECEMBER 17 Beef Chili Carrots Winter Blend Cornbread Apple	DECEMBER 18 Polish Sausage w/ Mustard Sweet Potato Northwest Blend Red Beans and Rice Bread Orange	DECEMBER 19 Savory Vegetable Kugel Lima Beans Beets w/ orange Spinach Salad w/ Dressing Banana	DECEMBER 20 Ham w/ Cranberry Sauce Red Bliss Potato Carrots Bread Broccoli Peanut Salad Pumpkin Bar	DECEMBER 21 Country Fried Steak Mashed Potato w/ Gravy Brussel Sprouts Bread Cucumber Salad Kiwi
DECEMBER 24 Beef Macaroni Lima Beans Cauliflower Bread Celery Salad Banana	DECEMBER 25 CLOSED	DECEMBER 26 CLOSED	DECEMBER 27 Biscuits w/ Sausage Gravy Broccoli Stewed Tomato Apple Crisp Kiwi	DECEMBER 28 Roast Beef Mashed Potato's w/ Gravy Spinach Waldorf Salad Orange
DECEMBER 31 Spaghetti w/ Meat Sauce Green Beans Spiced Peaches Broccoli Salad				

All meals contain 1% Milk, and all bread comes with spread

Menu changes may occur without notice

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