






December, 2017

SUGGESTED DONATION: \$2.00 PER MEAL

Menu Subject to Change Without Notice

**MEALS ON WHEELS BY ACC
"ALL SEASONS CAFÉ"**

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

 <p>For more information about our program visit our website at www.mowsac.org</p>		<p>seasons greetings</p> 		<p>Spaghetti & Meatballs (beef) 1 Corn Broccoli Whole Wheat Bread w/Marg Banana</p>	
<p>All Beef Patty over Chipotle Cheesy Rice 4 Corn Broccoli Whole Wheat Bread w/Marg Raisins</p>	<p>Chicken and Dumpling Noodles 5 Lima Beans Winter Vegetables Whole Wheat Bread w/Marg Mixed Fruit Cup</p>	<p>Pizzaiola Pork* 6 Asparagus Carrots Whole Wheat Bread w/Marg Apple</p>	<p>Stuffed Shell w/Meatsauce (beef) 7 Northern Beans Spring Vegetables Whole Wheat Bread w/Marg Banana</p>	<p>New Orleans Chicken 8 Sweet Potatoes Green Beans Whole Wheat Bread w/Marg Orange Juice</p>	
<p>Honey Mustard Chicken 11 Sweet Potatoes Brussels Sprouts Whole Wheat Bread w/Marg Grape Juice</p>	<p>Salisbury Steak (beef) 12 Red Skin Potatoes Mixed Vegetables Whole Wheat Bread w/Marg Orange</p>	<p>Chimichurri Chicken Black Beans & Corn 13 Broccoli Bran Muffin w/Marg Applesauce Cup</p>	<p>Breakfast Scramble* 14 Asparagus Hash Browns Whole Wheat Bread w/Marg Raisins</p>	<p>WINTER HOLIDAY MEAL Glazed Ham*  15 w/Apple Cinnamon Sweet Potatoes Seasoned Green Beans Bran Muffin w/Marg  Banana</p>	
<p><u>WINTER HOLIDAY MEAL served to:</u> Franklin</p>		<p><u>WINTER HOLIDAY MEAL served to:</u> Eskaton, Galt, Hagg, OV, Rio Linda</p>			
<p>Sausage* & Beans 18 Winter Vegetables Cabbage Whole Wheat Bread w/Marg Apple</p>	<p>Chicken Breast and Florentine Rice 19 Asparagus Carrots Whole Wheat Bread w/Marg Pineapple Cup</p>	<p>Lasagna w/Meatsauce (beef) 20 Mixed Greens Corn w/Peppers Whole Wheat Bread w/Marg Orange Juice</p>	<p>Chicken Cacciatore 21 Asparagus Hash Browns Whole Wheat Bread w/Marg Banana</p>	<p>Meatballs (beef) w/Rice & Gravy 22 Peas & Carrots Cauliflower Whole Wheat Bread w/Marg Raisins</p>	
<p>CHRISTMAS HOLIDAY NO MEAL SERVICE</p> 	<p>Rosemary Chicken 26 Cinnamon Apples Spring Vegetables Whole Wheat Bread w/Marg Raisins</p>	<p>Pollack (fish) w/Spinach Sauce 27 Sweet Potatoes Cauliflower Whole Wheat Bread w/Marg Apple Juice</p>	<p>BBQ Pork Patty* 28 Red Skin Potatoes Corn Whole Wheat Bread w/Marg Orange</p>	<p>Grilled Chicken over Rice & Gravy 29 Green Peas Carrots Whole Wheat Bread w/Marg Banana</p>	