

Meals on Wheels for Western New York Menu for December 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
3 Lasagna Roll w/ Meat Sauce/ Mozzarella Cheese (29g CHO) Two Hardboiled Eggs/ Mayo/ Wheat Bread (23gCHO)	4 Turkey Tetrizzini/ Broccoli/ Carrots (44g CHO) Ham Salad/ Rye Bread (44g CHO)	5 Salisbury Steak/ Gravy/ Lima Bean Bake/ Mashed Potatoes (54g CHO) Chicken Salad/ Italian Bread/ Potato Salad (53g CHO)	6 Baked Chicken Thigh/ Mashed Sweet Potatoes/ Peas (42g CHO) Tuna Pasta Salad/ Multigrain Bread (46g CHO)	7 Vegetable Quiche w/ Cheese/ Home Fries/Wheat Roll (49g CHO) Sliced Pork/ Wheat Bread (20g CHO)	<p style="text-align: center;">Due to the Christmas & New Year's Holidays, No meals will be served on Tuesday, December 25th, 2018 and Tuesday, January 1st, 2019.</p> <p style="text-align: center;">May Joy and Peace be yours throughout the New Year!</p> <p style="text-align: center;"><u>MENU may change without notice.</u> Special Diet meals may be different than stated on the menu to meet diet requirements. The regular menu is listed here. If you are on a special diet and have specific questions, please contact the Nutrition Department at 822-2002. We can inform you if there are any menu changes for the day.</p> <p style="text-align: center;">The essential work done by Meals on Wheels for Western New York is made possible by generous financial support from community members, local foundations and corporations, as well as through grants from the U.S. Department of Health and Human Services, New York State Office for the Aging and Erie County's Departments of Senior Services and Social Services. For more information, visit www.mealsonwheelswny.org.</p>
10 Beef Macaroni Casserole/ Carrots/ Cauliflower (32g CHO) Peanut Butter & Jelly/ Wheat Bread (33g CHO)	11 Breaded Chicken/ Mushroom Gravy/ Mashed Potatoes (43g CHO) Two Hardboiled Eggs/ Mayo/ Rye Bread (37g CHO)	12 Macaroni & Cheese & Chicken/ Beets/ Broccoli (39g CHO) Turkey/ White Hamburger Roll/ Carrot Raisin Salad (43g CHO)	13 Hamburger/ Onion Gravy/ Scalloped Potato (35g CHO) Chicken Salad w/ Cranberries/ White Bread (35g CHO)	14 Breaded Fish w/ Tartar Sauce/ Peas/ Broccoli Cheese Casserole (50g CHO) Ham/Multigrain Bread/ Coleslaw (53gCHO)	
17 BBQ Pulled Pork/ Au Gratin Potatoes (41g CHO) Chicken Breast/ Multigrain Bread (40g CHO)	18 Meatballs/Tomato Sauce/Mozzarella Cheese/ Penne Pasta/Green Peas (49g CHO) Tuna Salad/ Wheat Bread/ California Salad (30g CHO)	19 Chicken Cordon Bleu w/Herb Cream Sauce/ Rice Pilaf/ Glazed Carrots (36g CHO) Sliced Pork/ Rye Bread (34g CHO)	20 Meatloaf/ Onion Gravy/ Mashed Potato/ Fiesta Corn (44g CHO) Turkey/ Wheat Bread/ Four Bean Salad (30g CHO)	21 Ham Steak/ Maple Glaze/ Scalloped Potatoes (44g CHO) Egg Salad/ White Bread/ Coleslaw (40g CHO)	
24 Chicken Breast w/ Gravy/ Cheesy Mashed Potato/ Peas (44g CHO) Ham/ Rye Bread/ (34g CHO)	25 Merry Christmas! NO MEALS DELIVERED!	26 Breaded Veal Patty/ Tomato Sauce/ Mozzarella Cheese (18 CHO) Peanut Butter & Jelly/ Wheat Bread (33g CHO)	27 BBQ Beef/Minestrone Soup/ Mixed Vegetables (61g CHO) Turkey/ White Bread (24g CHO)	28 Breaded Boneless Pork Chop/Gravy/Mashed Lyonnais Potatoes (36g CHO) Tuna Salad/ Multigrain Bread (44g CHO)	
31 Cabbage Roll w/ Savory Sauce/Mashed Potatoes (51g CHO) Turkey/Rye Bread (34g CHO)	Jan. 1 Happy New Year! NO MEALS DELIVERED!	Jan. 2 Breaded Chicken w/ Gravy/ Mashed Sweet Potatoes/Green Bean Casserole (64g CHO) Peanut Butter & Jelly/ White Bread (37g CHO)	Jan. 3 Sahlen's Hot Dog w/ Chili Sauce/Macaroni & Cheese/ Hot Dog Roll (52g CHO) Egg Salad/ White Bread (27g CHO)	Jan.4 Lasagna Roll w/ Meat Sauce & Mozzarella Cheese (29g CHO) Chicken Salad/ Wheat Bread/ Coleslaw (36g CHO)	