

Natrona County Meals On Wheels Menu

December 2022

Questions? Call us, **265-8659**
(All meals are served with 8 oz. milk)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28-Nov Yak Sloppy Joes Curly Fries 5-Way Blend Vegetable Mandarin Orange Salad Plums Wheat Bun Milk	29-Nov Pork Chop w/Mushroom Gravy Mashed Potatoes w/Gravy Winter Blend Vegetable Mediterranean Marinated Vegetable Salad Applesauce Wheat Bread Milk	30-Nov Lamb Roast Rice Asparagus Creamy Cucumber Salad Pears Wheat Bread Milk	1-Dec Baked Chicken Mashed Potatoes w/Gravy Oregon Medley Blend Vegetable Tossed Green Salad Fresh Fruit Wheat Bread Milk	2-Dec Beef Stew Zucchini Cottage Cheese Sliced Apples Wheat Rolls Milk
5-Dec Honey Herb Chicken Casserole Carrots Three Bean Salad Raisins Wheat Bread Milk	6-Dec Salisbury Steak Mashed Potatoes w/Gravy Medley Brussels Sprouts Rainbow Chopped Salad Prunes Wheat Bread Milk	7-Dec Salmon w/Dill Sauce O'Brien Potatoes Peas & Carrots Greek Salad Apricots Wheat Bread Milk	8-Dec Turkey Pot Pie Broccoli Tossed Spinach Salad Fresh Fruit Wheat Rolls Milk	9-Dec Taco Casserole Southwest Blend Vegetable Lettuce & Tomato Salad Fruit Cocktail Tortilla Milk
12-Dec Pork & Pea Carbonara Chuckwagon Blend Vegetable Ambrosia Fruit Salad Pudding Wheat Bread Milk	13-Dec Italian Chicken Bake Mashed Potatoes w/Gravy Spinach Zucchini & Tomato Salad Mandarin Oranges Wheat Bread Milk	14-Dec Russian Stroganoff Prince Edward Vegetable Garden Vegetable Salad Peaches Wheat Bread Milk	15-Dec Roast Beef Mashed Potatoes w/Gravy Peas & Onions Harvest Vegetable Salad Fresh Fruit Wheat Roll Milk	16-Dec Scalloped Potatoes & Ham Carrots Sugar Free Jello Prunes Wheat Bread Milk
19-Dec Spaghetti Pepperoni Pie Edamame Vegetable Mushroom Tossed Salad Sliced Apples Wheat Bread Milk	20-Dec Baked Fish Oven Roasted Yukon Potatoes Tuscan Blend Vegetable Zesty Vegetable Salad Prunes Wheat Bread Milk	21-Dec BBQ Pork On A Bun Rosemary Potatoes Broccoli Tossed Vegetable Salad Tropical Fruit Milk	22-Dec Omelet Farmers Style Banana Yogurt Muffin V-8 Juice Milk	23-Dec Ranchers Chicken Italian Herb Potatoes Cape Cod Vegetable Marinated Mixed Vegetable Salad Peaches Wheat Rolls Milk
26-Dec Cod w/Italian Crumb Topping Diced Potatoes Italian Blend Vegetable Carrot Raisin Salad Mixed Berries Wheat Bread Milk	27-Dec Lemon Pepper Chicken Mashed Potatoes W/Gravy Yellow Squash Caesars Salad Apricots Wheat Bread Milk	28-Dec Beef & Vegetable Stir Fry Lima Beans Hawaiian Coleslaw Fresh Fruit Wheat Bread Milk	29-Dec Garlic Herb Pork Loin Sweet Potatoes Rancho Fiesta Vegetable Chopped Vegetable Salad Pineapple Wheat Rolls Milk	30-Dec Chicken Fried Steak Mashed Potatoes w/Gravy Asparagus Creamy Green Pepper Salad Prunes Wheat Bread Milk

This menu may be changed at any time. Substitutions are made based on product availability or to satisfy the requirements of therapeutic diets.