

Natrona County Meals On Wheels Menu

December 2023

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>4-Dec Honey Herb Chicken Casserole Carrots Three Bean Salad Raisins Wheat Bread Milk</p>	<p>5-Dec Salisbury Steak Mashed Potatoes w/Gravy Medley Brussels Sprouts Rainbow Chopped Salad Applesauce Wheat Bread Milk</p>	<p>6-Dec Salmon w/Dill Sauce O'Brien Potatoes Peas & Carrots Greek Salad Apricots Wheat Bread Milk</p>	<p>7-Dec Turkey Pot Pie Broccoli Tossed Spinach Salad Fresh Fruit Wheat Rolls Milk</p>	<p>8-Dec Taco Casserole Southwest Blend Vegetable Lettuce & Tomato Fruit Cocktail Tortilla Milk</p>
<p>11-Dec Pork & Pea Carbonara Chuckwagon Blend Vegetable Ambrosia Fruit Salad Pudding Wheat Bread Milk</p>	<p>12-Dec Italian Chicken Bake Mashed Potatoes w/Gravy Spinach Zucchini & Tomato Salad Mandarin Oranges Wheat Bread Milk</p>	<p>13-Dec Russian Stroganoff Prince Edward Vegetable Garden Vegetable Salad Peaches Wheat Bread Milk</p>	<p>14-Dec Roast Beef Mashed Potatoes w/Gravy Peas & Onions Harvest Vegetabel Salad Fresh Fruit Wheat Roll Milk</p>	<p>15-Dec Scalloped Potatoes & Ham Carrots Sugar Free Jello Pineapple Wheat Bread Milk</p>
<p>18-Dec Spaghetti Pepperoni Pie Edamame Vegetable Mushroom Tossed Salad Sliced Apples Wheat Bread Milk</p>	<p>19-Dec Baked Fish Oven Roasted Yukon Potatoes Tuscan Blend Vegetable Zesty Vegetable Salad Mandarin Oranges Wheat Bread Milk</p>	<p>20-Dec Bbq Pork On A Bun Rosemary Potatoes Broccoli Tossed Vegetable Salad Tropical Fruit Milk</p>	<p>21-Dec Farmer's Style Omelet Banana Yogurt Muffin V-8 Juice Milk</p>	<p>22-Dec Ranchers Chicken Italian Herb Potatoes Cape Cod Vegetable Marinated Mixed Veggie Salad Peaches Wheat Bread Milk</p>
<p>25-Dec **MERRY CHRISTMAS** Prime Rib Baked Potato Green Beans Christmas Salad Pecan Pie Wheat Bread</p>	<p>26-Dec Lemon Pepper Chicken Mashed Potatoes w/Gravy Yellow Squash Caesars Salad Apricots Wheat Bread Milk</p>	<p>27-Dec Beef & Vegetable Stir Fry Lima Beans Hawaiian Coleslaw Fresh Fruit Wheat Bread Milk</p>	<p>28-Dec Garlic Herb Pork Loin Sweet Potatoes Rancho Fiesta Vegetable Chopped Vegetable Salad Pineapple Wheat Rolls Milk</p>	<p>29-Dec Chicken Fried Steak Mashed Potatoes W/Gravy Asparagus Creamy Green Pepper Salad Prunes wheat Bread Milk</p>