

**Natrona County Meals On Wheels Menu**

**December 2024**

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

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<p><b>2-Dec</b>                      Honey Herb Chicken Casserole                      Carrots                      Three Bean Salad                      Raisins                      Wheat Bread                      Milk</p>	<p><b>3-Dec</b>                      Salisbury Steak                      Mashed Potatoes w/Gravy                      Medley Brussels Sprouts                      Rainbow Chopped Salad                      Applesauce                      Wheat Bread                      Milk</p>	<p><b>4-Dec</b>                      Salmon w/Dill Sauce                      O'Brien Potatoes                      Peas &amp; Carrots                      Greek Salad                      Apricots                      Wheat Bread                      Milk</p>	<p><b>5-Dec</b>                      Turkey Pot Pie                      Broccoli                      Tossed Spinach Salad                      Fresh Fruit                      Wheat Rolls                      Milk</p>	<p><b>6-Dec</b>                      Taco Casserole                      Southwest Blend Vegetable                      Lettuce &amp; Tomato                      Fruit Cocktail                      Tortilla                      Milk</p>
<p><b>9-Dec</b>                      Pork &amp; Pea Carbonara                      Chuckwagon Blend Vegetable                      Ambrosia Fruit Salad                      Pudding                      Wheat Bread                      Milk</p>	<p><b>10-Dec</b>                      Italian Chicken Bake                      Mashed Potatoes w/Gravy                      Spinach                      Zucchini &amp; Tomato Salad                      Mandarin Oranges                      Wheat Bread                      Milk</p>	<p><b>11-Dec</b>                      Russian Stroganoff                      Prince Edward Vegetable                      Garden Vegetable Salad                      Peaches                      Wheat Bread                      Milk</p>	<p><b>12-Dec</b>                      Roast Beef                      Mashed Potatoes w/Gravy                      Peas &amp; Onions                      Harvest Vegetable Salad                      Fresh Fruit                      Wheat Roll                      Milk</p>	<p><b>13-Dec</b>                      Scalloped Potatoes &amp; Ham                      Carrots                      Sugar Free Jello                      Pineapple                      Wheat Bread                      Milk</p>
<p><b>16-Dec</b>                      Spaghetti Pepperoni Pie                      Edamame Vegetable                      Mushroom Tossed Salad                      Sliced Apples                      Wheat Bread                      Milk</p>	<p><b>17-Dec</b>                      Baked Fish                      Oven Roasted Yukon Potatoes                      Tuscan Blend Vegetable                      Zesty Vegetable Salad                      Mandarin Oranges                      Wheat Bread                      Milk</p>	<p><b>18-Dec</b>                      Bbq Pork On A Bun                      Rosemary Potatoes                      Broccoli                      Tossed Vegetable Salad                      Tropical Fruit                      Milk</p>	<p><b>19-Dec</b>                      Farmer's Style Omelet                      Banana                      Yogurt                      Muffin                      V-8 Juice                      Milk</p>	<p><b>20-Dec</b>                      Ranchers Chicken                      Italian Herb Potatoes                      Cape Cod Vegetable                      Marinated Mixed Veggie Salad                      Peaches                      Wheat Bread                      Milk</p>
<p><b>23-Dec</b>                      Beef &amp; Vegetable Stir Fry                      Lima Beans                      Hawaiian Coleslaw                      Fresh Fruit                      Wheat Bread                      Milk</p>	<p><b>24-Dec</b>                      Lemon Pepper Chicken                      Mashed Potatoes w/Gravy                      Yellow Squash                      Caesars Salad                      Apricots                      Wheat Bread                      Milk</p>	<p><b>25-Dec</b>                      **MERRY CHRISTMAS**                      Prime Rib                      Mashed Potatoes w/Gravy                      Green Beans                      Christmas Jello Salad                      Apple Pie                      Wheat Bread                      Milk</p>	<p><b>26-Dec</b>                      Garlic Herb Pork Loin                      Sweet Potatoes                      Rancho Fiesta Vegetable                      Chopped Vegetable Salad                      Pineapple                      Wheat Rolls                      Milk</p>	<p><b>27-Dec</b>                      Chicken Fried Steak                      Mashed Potatoes W/Gravy                      Asparagus                      Creamy Green Pepper Salad                      Prunes                      wheat Bread                      Milk</p>