

**SENIOR
DECEMBER
2017**



**SERVING SENIORS
BOONE
LEE
OGLE
WINNEBAGO
COUNTIES**

**MENU IS SUBJECT
TO CHANGE WITHOUT
NOTICE**

**To make a
reservation
in Rockford**

**815-963-1609
or
1-800-779-1189**

**RESERVATIONS
&
CANCELLATIONS
CALL BY 10:00 AM
THE DAY BEFORE**

***CHOICE A only sent to
MEALS ON WHEELS
CLIENTS**

**THERE ARE
NO
SUBSTITUTIONS**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|--|
| 8 oz. Low Fat Milk served with all lunches.  | | | | 1 A.) CHICKEN FIESTA TACO SPANISH RICE CHEESE, LETT, TOMATO REFRIED BEANS PINEAPPLE B.) CHIX SAL./TOMATO |
| 4 | 5 | 6 | 7 | 8 |
| CREAMY CHICKEN W/ PASTA BROCCOLI BAKED APPLES WHEAT BREAD - 1 | MEATLOAF MASHED POT/GRAVY GLAZED CARROTS DINNER ROLL \ BUTTER APRICOTS | BAKED HAM SWEET POTATO GREEN BEANS DINNER ROLL FRUIT COCKTAIL | ITALIAN SAUSAGE W/PEPPERS ON BUN RED POTATO WEDGES ITALIAN BLEND VEGGIES DICED PEACHES | A.) CRISPY FISH SAND. WHEAT BUN POTATO PANCAKES PEAS PINEAPPLE TIDBITS B.) TURKEY/MINESTRONE |
| 11 | 12 | 13 DECEMBER PARTY! | 14 | 15 |
| MEATBALL SUB PEAS & CARROTS SEAS. POTATO WEDGES MANDARIN ORANGES | SWEET/SOUR CHICKEN FLUFFY RICE STIR FRY VEGGIES DINNER ROLL APRICOTS | HAM DINNER CATERED BY SULLIVAN'S PIE AND BIRTHDAY CUPCAKES | CHEESE OMELETT TURKEY SAUSAGE HASH BROWN POT. BLUEBERRY MUFFIN FRUIT JUICE | A.) BRAISED BEEF MASHED POT/GRAVY CORN DICED PEARS WHEAT BREAD -2 B.) TUNA SAL/CHIX RICE |
| 18 | 19 | 20 | 21 | 22 |
| BBQ RIBLETT WHEAT BUN AUGRATIN POTATOES COIN CARROTS DICED PEARS | PEPPER STEAK MASHED POT/GRAVY PEAS WHEAT BREAD - 2 CHILLED PINEAPPLE | LEMON PEPPER CHIX WILD RICE BROCCOLI DINNER ROLL APPLESAUCE | A.) CHEESEBURGER WHEAT BUN TATOR TOTS BAKED BEANS JELLO W\ FRUIT B.) HAM/VEGETABLE | MOSTACCIOLI W\MEATSAUCE BRUSSELL SPROUTS SCAND. BLEND VEGGIES GARLIC BREAD APRICOTS |
| 25 | 26 | 27 | 28 | 29 |
| CLOSED | CLOSED | A.) MEATLOAF MASHED POT/GRAVY GLAZED CARROTS DINNER ROLL PEACH COBBLER B.) LIVER & ONIONS | SLOPPY JOE WHEAT BUN TATOR TOTS GREEN BEANS APRICOTS | CHEESE OMELETT TURKEY SAUSAGE HASH BROWN POT. BLUEBERRY MUFFIN FRUIT JUICE |

