December 2024 - Milnor

Home Delivered Meals, Carry Out Meals, and Congregate Meals are a suggested donation of \$4.00 per meal for people 60+ and their spouse of any age.

Under 60 is a charge of \$9.00 per meal.

All meals include 1% milk. Menus are subject to change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLOSED	Turkey a la King Fluffy Rice Malibu Blend Veggies - 1 cup Fresh Grapes Biscuit	Hot Roast Beef / Gravy on Wheat (2 s Chived Mashed Potatoes Peas and Carrots Snicker & Apple Salad	delice Tuna Noodle Casserole Carribbean Blend Veggies - 1 control Peaches Dinner Roll	5 Scrambled Egg up Seasoned Steak Hashbrowns Orange Vinaigrette Veggies Mixed Berries WW Bread x2 Jelly
CLOSED	Chili w/ Beans House Salad Cornbread Wheat Crackers Banana	Chicken Fried Steak / Cream Gravy Potatoes & Onions Lemon Butter Brococli Ambrosia Bread x1	Cheeseburger on a Bun Dijon Red Potatoes Squash Whole Pear	RS Ham Glazed Sweet Potatoes Green Bean Casserole Orange Pie Dinner Roll
CLOSED	Lemon Pepper Fish Au Gratin Potatoes Winer Blend Veggies Peachy Gelatin Bread x2	Swedish Meatballs Mashed Potatoes Corn Apple Bread x2	Beef Lasagna Herbed Green Beans - 1 cup Blueberries Breadstick	Roast Pork Loin Parslied Potatoes Balsamic Brussel Sprouts Apricots Caribbean Sauce Dinner Roll
Tater Tot Casserole Southwest Corn - 1 cup Fresh Whole Pear Bread x2 Sloppy Joe / Bun	CLOSED Meals on Wheels recipients will receive a frozen meal on Monday along with their hot meal. 30 Shrimp Scampi	CLOSED If you would like to receive an additional frozen meal on Monday, please call your meal site kitchen.	Chicken & Dumplings House Salad Herbed Green Beans Strawberries & Yogurt Biscuit	Beef Stroganoff Mashed Potatoes Carrots Zucchini Bread Deluxe Fruit
Baked Beans Potato Wedges Mandarin Oranges	Spinach Fettuccine House Salad Buttered Asparagus			

December 2024 - Rutland

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All meals include 1% milk. Menus are subject to change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2		3	L	5 6
Tuna Noodle Casserole	Turkey a la King	Hot Roast Beef / Gravy on Wheat (2 slice		
Carribbean Blend Veggies - 1 cup	Fluffy Rice	Chived Mashed Potatoes	House Salad	CLOSED
Peaches	Malibu Blend Veggies - 1 cup	Peas and Carrots	Herbed Green Beans	
Dinner Roll	Fresh Grapes	Snicker & Apple Salad	Strawberries & Yogurt	
	Biscuit		Biscuit	
9	1	0 11	1	2 13
BBQ Ribs	Chili w/ Beans	Chicken Fried Steak / Cream Gravy	Cheeseburger on a Bun	
Prince Edward Veggies	House Salad	Potatoes & Onions	Dijon Red Potatoes	CLOSED
Baked Potato	Cornbread	Lemon Butter Brococli	Squash	
Fruit Cocktail	Wheat Crackers	Ambrosia	Whole Pear	
Bread x2	Banana	Bread x1		
16	1	7 CHRISTMAS DINNER 18	3 1	9 20
Swedish Meatballs	Lemon Pepper Fish	RS Ham	Beef Lasagna	
Mashed Potatoes	Au Gratin Potatoes	Glazed Sweet Potatoes	Herbed Green Beans - 1 cup	CLOSED
Corn	Winer Blend Veggies	Green Bean Casserole	Blueberries	
Apple	Peachy Gelatin	Orange	Breadstick	
Bread x2	Bread x2	Pie		
		Dinner Roll		
23	2	4 25	5 2	6 27
Tater Tot Casserole	CLOSED	CLOSED	Beef Stroganoff	Roast Pork Loin
Southwest Corn - 1 cup	Meals on Wheels recipients will	If you would like to receive an	Mashed Potatoes	Parslied Potatoes
Fresh Whole Pear	receive a frozen meal on Monday	additional frozen meal on Monday,	Carrots	Balsamic Brussel Sprouts
Bread x2	along with their hot meal.	please call your meal site kitchen.	Zucchini Bread	Apricots
			Deluxe Fruit	Caribbean Sauce
	1	31		Dinner Roll
Sloppy Joe / Bun	Shrimp Scampi			
Baked Beans	Spinach Fettuccine			
Potato Wedges	House Salad			

December 2024 - Cogswell and Forman

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MONDAY	TUESDAY		WEDNESDAY	THURSDAY		FRIDAY	
Tuna Noodle Casserole Carribbean Blend Veggies - 1 cup Peaches Dinner Roll	Turkey a la King Fluffy Rice Malibu Blend Veggies - 1 cup Fresh Grapes Biscuit	3	Hot Roast Beef / Gravy on Wheat (2 slic Chived Mashed Potatoes Peas and Carrots Snicker & Apple Salad	Chicken & Dumplings House Salad Herbed Green Beans Strawberries & Yogurt Biscuit		CLOSED	6
BBQ Ribs Prince Edward Veggies Baked Potato Fruit Cocktail Bread x2	Chili w/ Beans House Salad Cornbread Wheat Crackers Banana	10	Chicken Fried Steak / Cream Gravy Potatoes & Onions Lemon Butter Brococli Ambrosia Bread x1	Cheeseburger on a Bun Dijon Red Potatoes Squash Whole Pear	12	CLOSED	13
Swedish Meatballs Mashed Potatoes Corn Apple Bread x2	Lemon Pepper Fish Au Gratin Potatoes Winer Blend Veggies Peachy Gelatin Bread x2	17	CHRISTMAS DINNER 18 RS Ham Glazed Sweet Potatoes Green Bean Casserole Orange Pie Dinner Roll	Beef Lasagna Herbed Green Beans - 1 cup Blueberries Breadstick	19	CLOSED	20
Tater Tot Casserole Southwest Corn - 1 cup Fresh Whole Pear Bread x2 30 Sloppy Joe / Bun Baked Beans Potato Wedges Mandarin Oranges	CLOSED Meals on Wheels recipients will receive a frozen meal on Monday along with their hot meal.	31	CLOSED If you would like to receive an additional frozen meal on Monday, please call your meal site kitchen.	Beef Stroganoff Mashed Potatoes Carrots Zucchini Bread Deluxe Fruit	26	Roast Pork Loin Parslied Potatoes Balsamic Brussel Sprouts Apricots Caribbean Sauce Dinner Roll	27