

## 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
<b>CLOSED</b> <b>2</b>	<b>3</b> Turkey a la King Fluffy Rice Malibu Blend Veggies - 1 cup Fresh Grapes Biscuit	<b>4</b> Hot Roast Beef / Gravy on Wheat (2 slices) Chived Mashed Potatoes Peas and Carrots Snicker & Apple Salad	<b>5</b> Tuna Noodle Casserole Caribbean Blend Veggies - 1 cup Peaches Dinner Roll	<b>6</b> Scrambled Egg Seasoned Steak Hashbrowns Orange Vinaigrette Veggies Mixed Berries WW Bread x2 Jelly
<b>CLOSED</b> <b>9</b>	<b>10</b> Chili w/ Beans House Salad Cornbread Wheat Crackers Banana	<b>11</b> Chicken Fried Steak / Cream Gravy Potatoes & Onions Lemon Butter Broccoli Ambrosia Bread x1	<b>12</b> Cheeseburger on a Bun Dijon Red Potatoes Squash Whole Pear	<b>CHRISTMAS DINNER 13</b> RS Ham Glazed Sweet Potatoes Green Bean Casserole Orange Pie Dinner Roll
<b>CLOSED</b> <b>16</b>	<b>17</b> Lemon Pepper Fish Au Gratin Potatoes Winer Blend Veggies Peachy Gelatin Bread x2	<b>18</b> Swedish Meatballs Mashed Potatoes Corn Apple Bread x2	<b>19</b> Beef Lasagna Herbed Green Beans - 1 cup Blueberries Breadstick	<b>20</b> Roast Pork Loin Parslied Potatoes Balsamic Brussel Sprouts Apricots Caribbean Sauce Dinner Roll
<b>23</b> Tater Tot Casserole Southwest Corn - 1 cup Fresh Whole Pear Bread x2	<b>CLOSED</b> <b>24</b> <b>Meals on Wheels recipients will receive a frozen meal on Monday along with their hot meal.</b>	<b>CLOSED</b> <b>25</b> <b>If you would like to receive an additional frozen meal on Monday, please call your meal site kitchen.</b>	<b>26</b> Chicken & Dumplings House Salad Herbed Green Beans Strawberries & Yogurt Biscuit	<b>27</b> Beef Stroganoff Mashed Potatoes Carrots Zucchini Bread Deluxe Fruit
<b>30</b> Sloppy Joe / Bun Baked Beans Potato Wedges Mandarin Oranges	<b>31</b> Shrimp Scampi Spinach Fettuccine House Salad Buttered Asparagus			

## December 2024 - Rutland

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		
<p style="text-align: right;"><b>2</b></p> <p>Tuna Noodle Casserole Caribbean Blend Veggies - 1 cup Peaches Dinner Roll</p>	<p style="text-align: right;"><b>3</b></p> <p>Turkey a la King Fluffy Rice Malibu Blend Veggies - 1 cup Fresh Grapes Biscuit</p>	<p style="text-align: right;"><b>4</b></p> <p>Hot Roast Beef / Gravy on Wheat (2 slices) Chived Mashed Potatoes Peas and Carrots Snicker &amp; Apple Salad</p>	<p style="text-align: right;"><b>5</b></p> <p>Chicken &amp; Dumplings House Salad Herbed Green Beans Strawberries &amp; Yogurt Biscuit</p>	<p><b>CLOSED</b></p>		
<p style="text-align: right;"><b>9</b></p> <p>BBQ Ribs Prince Edward Veggies Baked Potato Fruit Cocktail Bread x2</p>	<p style="text-align: right;"><b>10</b></p> <p>Chili w/ Beans House Salad Cornbread Wheat Crackers Banana</p>	<p style="text-align: right;"><b>11</b></p> <p>Chicken Fried Steak / Cream Gravy Potatoes &amp; Onions Lemon Butter Broccoli Ambrosia Bread x1</p>	<p style="text-align: right;"><b>12</b></p> <p>Cheeseburger on a Bun Dijon Red Potatoes Squash Whole Pear</p>	<p><b>CLOSED</b></p>		
<p style="text-align: right;"><b>16</b></p> <p>Swedish Meatballs Mashed Potatoes Corn Apple Bread x2</p>	<p style="text-align: right;"><b>17</b></p> <p>Lemon Pepper Fish Au Gratin Potatoes Winer Blend Veggies Peachy Gelatin Bread x2</p>	<p><b>CHRISTMAS DINNER</b></p>		<p style="text-align: right;"><b>18</b></p> <p>RS Ham Glazed Sweet Potatoes Green Bean Casserole Orange Pie Dinner Roll</p>	<p style="text-align: right;"><b>19</b></p> <p>Beef Lasagna Herbed Green Beans - 1 cup Blueberries Breadstick</p>	<p><b>CLOSED</b></p>
<p style="text-align: right;"><b>23</b></p> <p>Tater Tot Casserole Southwest Corn - 1 cup Fresh Whole Pear Bread x2</p>	<p style="text-align: right;"><b>24</b></p> <p style="text-align: center;"><b>CLOSED</b></p> <p><b>Meals on Wheels recipients will receive a frozen meal on Monday along with their hot meal.</b></p>	<p style="text-align: right;"><b>25</b></p> <p style="text-align: center;"><b>CLOSED</b></p> <p><b>If you would like to receive an additional frozen meal on Monday, please call your meal site kitchen.</b></p>	<p style="text-align: right;"><b>26</b></p> <p>Beef Stroganoff Mashed Potatoes Carrots Zucchini Bread Deluxe Fruit</p>	<p style="text-align: right;"><b>27</b></p> <p>Roast Pork Loin Parslied Potatoes Balsamic Brussel Sprouts Apricots Caribbean Sauce Dinner Roll</p>		
<p style="text-align: right;"><b>30</b></p> <p>Sloppy Joe / Bun Baked Beans Potato Wedges</p>	<p style="text-align: right;"><b>31</b></p> <p>Shrimp Scampi Spinach Fettuccine House Salad</p>					

## December 2024 - Cogswell and Forman

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
<p style="text-align: right;"><b>2</b></p> Tuna Noodle Casserole Carribbean Blend Veggies - 1 cup Peaches Dinner Roll	<p style="text-align: right;"><b>3</b></p> Turkey a la King Fluffy Rice Malibu Blend Veggies - 1 cup Fresh Grapes Biscuit	<p style="text-align: right;"><b>4</b></p> Hot Roast Beef / Gravy on Wheat (2 slices) Chived Mashed Potatoes Peas and Carrots Snicker & Apple Salad	<p style="text-align: right;"><b>5</b></p> Chicken & Dumplings House Salad Herbed Green Beans Strawberries & Yogurt Biscuit	<p><b>6</b></p> <p><b>CLOSED</b></p>
<p style="text-align: right;"><b>9</b></p> BBQ Ribs Prince Edward Veggies Baked Potato Fruit Cocktail Bread x2	<p style="text-align: right;"><b>10</b></p> Chili w/ Beans House Salad Cornbread Wheat Crackers Banana	<p style="text-align: right;"><b>11</b></p> Chicken Fried Steak / Cream Gravy Potatoes & Onions Lemon Butter Broccoli Ambrosia Bread x1	<p style="text-align: right;"><b>12</b></p> Cheeseburger on a Bun Dijon Red Potatoes Squash Whole Pear	<p><b>13</b></p> <p><b>CLOSED</b></p>
<p style="text-align: right;"><b>16</b></p> Swedish Meatballs Mashed Potatoes Corn Apple Bread x2	<p style="text-align: right;"><b>17</b></p> Lemon Pepper Fish Au Gratin Potatoes Winer Blend Veggies Peachy Gelatin Bread x2	<p><b>18</b></p> <p><b>CHRISTMAS DINNER</b></p>	<p style="text-align: right;"><b>19</b></p> Beef Lasagna Herbed Green Beans - 1 cup Blueberries Breadstick	<p><b>20</b></p> <p><b>CLOSED</b></p>
<p style="text-align: right;"><b>23</b></p> Tater Tot Casserole Southwest Corn - 1 cup Fresh Whole Pear Bread x2	<p style="text-align: right;"><b>24</b></p> <p><b>CLOSED</b></p> <p><b>Meals on Wheels recipients will receive a frozen meal on Monday along with their hot meal.</b></p>	<p style="text-align: right;"><b>25</b></p> <p><b>CLOSED</b></p> <p><b>If you would like to receive an additional frozen meal on Monday, please call your meal site kitchen.</b></p>	<p style="text-align: right;"><b>26</b></p> Beef Stroganoff Mashed Potatoes Carrots Zucchini Bread Deluxe Fruit	<p style="text-align: right;"><b>27</b></p> Roast Pork Loin Parslied Potatoes Balsamic Brussel Sprouts Apricots Caribbean Sauce Dinner Roll
<p style="text-align: right;"><b>30</b></p> Sloppy Joe / Bun Baked Beans Potato Wedges Mandarin Oranges	<p style="text-align: right;"><b>31</b></p> Shrimp Scampi Spinach Fettuccine House Salad Buttered Asparagus			