



December 2018 Meals on Wheels & Senior Café

Meals on Wheels - Please remember to cancel your meal 24 hours in advance of any appointments, etc.

Sylva 631-8044 Cashiers 745-6856

Senior Café—Reservations & Cancellations must be made by 3pm one day in advance.

Sylva 631-8045 Cashiers 745-6856

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chili w/Beans Rice Coleslaw Fruit Cocktail Cornbread Milk	4 Baked Chicken Leg & Thigh w/Gravy Broccoli w/Cheese Sauce Corn Roll Milk Cranberry Juice	5 Country Fried Steak w/Peppered Gravy Mashed Potatoes Green Beans Milk Applesauce Roll	6 Baked Potato (ham & cheese) Peas & Carrots Banana Cookie Roll Milk	7 Roast Pork Pinto Brans Turnip Greens Peach Crisp Cornbread Milk
10 Swiss Steak (beef, onion, tomato) Boiled Potatoes Oven Fried Okra Roll Milk	11 Chicken & Dumpling Lima Beans Creamed Corn Applesauce Roll Milk	12 Turkey Bake (turkey, noodles, sauce) Broccoli Peaches Roll Milk	13 Lemon Pepper Tilapia Asparagus Long-grain wild rice Cherry Tomatoes Grapes Milk Roll	14 Sausage Pattie Hash Browns Scrambled Eggs OJ Biscuit Jelly Milk
17 Hamburger/Bun (lettuce,tomato,onion) Baked Beans Fresh Orange Milk	18 Baked Chicken Breast Roll Baked Red Potato Broccoli Milk Tropical Fruit	19 Baked Spaghetti Tossed Salad Mandarin Oranges Pumpkin Muffin Garlic Breadstick Milk	20 Fried Fish Filet Okra & Tomatoes Macaroni & Cheese Mixed Fruit Cornbread Milk	21 Baked Ham w/Pineapple Sauce Lima Beans Diced Sweet Potatoes WW Roll Milk
24 closed <i>Merry Christmas</i>	25 closed 	26 closed 	27 Chef Salad (ham, turkey, cheese) Potato Salad Cottage Cheese & Fruit Crackers Milk	28 Grilled Chicken Breast Cornbread Honey Glazed Carrots Crowder Peas Milk Chocolate Pudding AJ
31 Black Eyed Peas Greens Mac & Cheese Peaches Milk Cornbread	