

**Mid-Columbia Meals on Wheels**  
**A program of Senior Life Resources Northwest**

www.seniorliferesources.org

\*- equals carbohydrate count

\*\*Connell\*\*

**December  
2018**

*You are asked to self-monitor what you consume.  
 We are unable to provide specialized or allergy diets. With adequate notice, a substitute frozen meal may be provided upon request.  
 If you remove food from our premises, Meals on Wheels will not be held responsible for food safety or quality of items. Leftovers should be refrigerated immediately and eaten within 2 days.*

Monday	Tuesday	Wednesday	Thursday	Friday
Chili Stuff Potato Mixed Veggies Tossed Salad w/ Dressing Bread Brownie *123	4	Teriyaki Chicken Fluffy Rice Oriental Veggies Bread Pear Crumble *74	6	Beef Lasagna Mixed Veggies Garlic Bread Tossed Salad w/ Dressing Peaches *85
Breaded Fish Sandwich Clam Chowder Coleslaw Tartar Sauce Oatmeal Raisin Cookies 125	11	Herbed Chicken w/ Mushroom Gravy Au Gratin Potatoes Tossed Salad w/ Dressing Bread Yogurt & Berries *108	13	Salisbury Steak w/ Gravy Mashed Potatoes Broccoli Wheat Roll Apple Pie Bar *93
Sweet & Sour Pork Fluffy Rice Oriental Vegetables Wheat Roll Fruit Cocktail *105	18	<b>Birthday Day</b> Roast Beef w/ Gravy Mashed Potatoes w/ Gravy Italian Veggies Dinner Roll Ice Cream *89	20	Beef Tacos Refried Beans Corn Applesauce *91
<b>Holiday Dinner</b> Baked Ham w/ Raisin Sauce Sweet Potatoes Casserole Green Bean Casserole Wheat Dinner Roll Gingerbread w/ Whip Topping *121	25  Closed for Christmas Day	26 Pulled Pork Sandwich Baked Beans Green Beans Coleslaw Poke Cake *142	27	28 Meatloaf Mashed Potatoes w/ Gravy Tossed Salad w/ Dressing Chocolate Pudding *96
Lemon Pepper Cod Fluffy Rice Bread Pea and Cheese Salad Cranberry Oat Bar *120	<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: center;">  </div> <div style="text-align: center;"> <p>Meals on Wheels is supported by participant donations. For those age 60 and over, the suggested donation is \$2.75 per meal. Meals may be purchased by those under age 60 for \$7.25.</p> </div> <div style="text-align: center;">  </div> </div>			