

December

MOW

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MEALS ON WHEELS OFFICE 239-337-1055 DELIVERY TIME MONDAY THROUGH SATURDAY 9:30 TO NOON WE WILL NOT BE DELIVERING CHRISTMAS DAY, YOU WILL RECEIVE 2 MEALS ON CHRISTMAS EVE						1 Turkey salad Sandwich Potato salad
2 Baked ziti Vegetable	3 Lemon pepper chicken Vegetable	4 Mojo pulled pork Vegetable	5 Meatloaf & gravy Vegetable	6 Turkey Pot Pie Vegetable	7 Baked parmesan catfish vegetable	8 Chicken alfredo vegetable
9 Vegetarian chili Brown rice	10 Macaroni & Cheese Vegetable	11 Sweet & Sour Pork Vegetable	12 Turkey casserole Vegetable	13 Chicken marsala Vegetable	14 Crab Cakes Vegetable	15 Roasted sweet potato and black bean salad Fruit
16 Roasted pork loin Vegetable	17 Spaghetti Marinara Vegetable Garlic bread	18 BBQ chicken Cornbread stuffing Vegetable	19 Baked ham dinner Vegetable	20 Beef stroganoff Vegetable	21 Zesty baked catfish vegetable	22 Linguini & Clam sauce Vegetable
23 Stuffed Peppers Vegetable	24 Cheeseburger French fries Vegetable	25 Roasted turkey Dinner Vegetable NO DELIVERY	26 Shepherds Pie Vegetable	27 Chicken tetrazzini Vegetable	28 Tuna Casserole Vegetable	29 Beet & feta cheese salad Muffin
30 Spinach lasagna Vegetable	31 Jerk chicken Vegetable					

