



# Racine County Meals on Wheels/Congregate Menu

## DECEMBER 2022 833-8766

Call before 9:30 am the previous day (Monday-Friday) to cancel a meal.



<p><b>HOLIDAY CLOSURE NOTICE</b> – The Nutrition office will be closed and there will be no delivery or in site dining on the following dates: Friday 12/23, Monday 12/26, Friday 12/30, and Monday 01/02. Because we are still on our 3-day schedule, if you are a Meals on Wheels participant in need of meals for these days, you will get up to 6 meals, based upon your regular delivery schedule. Please call the Nutrition Office for questions or to reserve meals.</p>				
<p><b>5</b> Sliced Bavarian style Bratwurst Diced parslid potatoes Carrots Rye bread Fresh melon</p>	<p><b>6</b> Chef's Choice Frozen (will be delivered/picked up Monday)</p>	<p><b>7</b> Texas Chili Mac and cheese Country blend veggie Multigrain bread Fruit cup</p>	<p><b>1</b> Chef's Choice Frozen (will be delivered/picked up Wednesday)</p>	<p><b>2</b> Chicken Breast Parmesan. Squash medley Penne pasta w/marinara Wheat Vienna roll Chilled peaches</p>
<p><b>12</b> Slow Roasted Beef w/gravy; Cookie Mashed potatoes Brussels sprouts Multigrain bread Chilled pears</p>	<p><b>13</b> Chef's Choice Frozen (will be delivered/picked up Monday)</p>	<p><b>14</b> Spaghetti &amp; Meatball Marinara Broccoli Wheat Vienna roll Chilled peaches</p>	<p><b>8</b> Chef's Choice Frozen (will be delivered/picked up Wednesday)</p>	<p><b>9</b> Baked Pollock w/lemon butter sauce Baked potato Wheat bread California blend veggie Vanilla mandarin pudding</p>
<p><b>19 HOLIDAY MENU</b> Baked Ham w/cran-raisin sauce; Rye bread Roasted diced potatoes Mixed veggies; dessert</p>	<p><b>20</b> Chef's Choice Frozen (will be delivered/picked up Monday)</p>	<p><b>21</b> BBQ Chicken Thigh Scalloped potatoes Baked bean casserole Wheat bread Fruit jello</p>	<p><b>15</b> Chef's Choice Frozen (will be delivered/picked up Wednesday)</p>	<p><b>16</b> Surimi Crab Alfredo Penne pasta Zucchini w/red peppers and onions; fruit cup Chef's choice veggie Multigrain dinner roll</p>
<p><b>26 CLOSED!</b> </p>	<p><b>27</b> Chef's Choice Frozen (<u>today's meal must be reserved as part of the holiday meals</u>)</p>	<p><b>28</b> Salisbury Steak w/gravy; Corn Mashed potatoes Multigrain dinner roll Pineapple tidbits</p>	<p><b>22</b> Chef's Choice Frozen (will be delivered/picked up Wednesday)</p>	<p><b>23 CLOSED!</b> </p>
			<p><b>29</b> Chef's Choice Frozen (will be delivered/picked up Wednesday)</p>	<p><b>30 CLOSED!</b> The Nutrition office will be closed and there will be no delivery or in site dining today and 12/23, 12/26, and 01/02.</p>

Menu is subject to change without notice

Diabetic Dessert is offered

Choice of 1% milk or juice included with each meal