

DECEMBER MENU

Lunch is served at 11:30 am. For next-day reservations, call 480-962-5612 (MAAC) or 480-218-2221 (RMAAC) before 2:00 pm. Items with ** contain pork or pork products. Menu items subject to change due to availability.

MONDAY

- 2**
- Pork Fritters w/ Gravy**
 - Garden Salad
 - Roasted Red Potatoes
 - Whole Grain Biscuit
 - Pineapple Upside Down Cake

TUESDAY

- 3**
- Tuna Casserole
 - Broccoli
 - Corn
 - Whole Grain Crackers
 - Sliced Pears

WEDNESDAY

- 4**
- Ham with Pineapple Glaze**
 - Cauliflower
 - Stewed Tomatoes
 - Whole Grain Roll
 - Fruit Cocktail

THURSDAY

- 5**
- Shrimp Alfredo
 - Green Beans
 - Carrots
 - Whole Wheat Roll
 - Mixed Berries

FRIDAY

- 6**
- Beef Tacos with Lettuce, Tomato & Cheese
 - Refried Beans
 - Tortilla
 - Banana

- BBQ Chicken
- Baked Beans
- Grilled Vegetables
- Whole Grain Roll
- Apple

- 10**
- Cold Salad Plate: Egg, 3-Bean, & Orange Beets
 - Whole Grain Roll
 - Vanilla Pudding with Fruit

- 11**
- Baked Catfish
 - Vegetable Rice Pilaf
 - Broccoli
 - Whole Grain Roll
 - Seasonal Fruit

- 12**
- Vegetable Lasagna
 - Italian Vegetables
 - Asparagus
 - Whole Grain Roll
 - Cinnamon Sliced Peaches

- 13**
- Chicken Parmigiana
 - Garden Salad
 - Spinach
 - Blueberry Crisp

- 16**
- Bratwurst w/ Sauerkraut
 - Hot German Potato Salad
 - Carrots
 - Whole Wheat Roll
 - Nutmeg Sliced Pears

- 17**
- Italian Sausage Sandwich**
 - Peppers & Onions
 - Italian Veggie Blend
 - Whole Grain Bun
 - Sliced Peaches

- 18**
- Beef Stew with Vegetables & Rice
 - Chuckwagon Veggies
 - Winter Veggies
 - Whole Wheat Roll
 - Fruit Ambrosia


- 19**
- Chicken Breast w/ Gravy
 - Mashed Potatoes
 - Rancho Fiesta
 - Vegetable Blend
 - Whole Wheat Roll
 - Fresh Orange

- 20** *Holiday Luncheon*
- Rosemary Garlic Beef w/ Demi Glaze
 - Roasted Potatoes
 - Caramelized Carrots
 - Pumpernickel Roll
 - Petite Strawberry Cheesecake

- 23**
- Turkey Burger with Lettuce & Tomato
 - Baked Beans
 - Baked French Fries
 - Orange

- 24** *Birthday Celebration*
- Sloppy Joe
 - Winter Blend Veggies
 - Sweet Corn
 - Apricots
 - Birthday Cake

25



Merry Christmas!

- 26**
- Lemon Pepper Tilapia
 - California Blend Veggies
 - Whole Grain Roll
 - Fruit Cocktail

- 27**
- Broccoli & Cheese Chicken
 - Green Beans
 - Spinach
 - Whole Wheat Roll
 - Pineapple

- 30**
- Tuna Salad Sandwich w/ Lettuce & Tomato
 - Sliced Beets
 - Whole Grain Bun
 - Grapes

- 31** *New Year Luncheon*
- Scrambled Egg with Sausage Gravy**
 - Cheddar Biscuit
 - Rosemary Roasted Potatoes
 - Cantaloupe
 - Blueberry Crisp



A Partnership to Love!

EVAR is thankful to Subaru USA for its support of Meals on Wheels programs like ours during its annual Share the Love Event, happening now through January 2, 2020!

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