

# 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

**Chef's Special**  
Philly Steak Sandwich

## TUESDAY

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

**Chef's Special**  
Chicken Cordon Bleu

## WEDNESDAY

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

**Chef's Choice**  
Pizza Burger

## THURSDAY

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

**Chef's Special**  
Cheesy Chicken & Rice

## FRIDAY

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

**Chef's Special**  
Sonoran Hot Dog

- 9**
- BBQ Chicken
  - Baked Beans
  - Grilled Vegetables
  - Whole Grain Roll
  - Apple

**Chef's Special**  
Cuban Sandwich

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

**Chef's Special**  
Crab Cakes

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

**Chef's Choice:**  
French Fried Onion Chicken Sandwich

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

**Chef's Special**  
Shrimp Taco w/ Veggies

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

**Chef's Special**  
Grilled Portabella Mushroom Sandwich

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

**Chef's Special**  
Turkey Ruben Sandwich

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

**Chef's Special**  
Soup & Salad Bar

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

**Chef's Choice**  
Chicken Lo Mein

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

**Chef's Special**  
Quiche Lorraine\*\*

- 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

**Chef's Choice**  
Grilled Cheese

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

- 25**
- Lemon Pepper Tilapia
  - California Blend Veggies
  - Whole Grain Roll
  - Fruit Cocktail

**Chef's Special**  
Chicken Marinara over Noodles

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

**Chef's Special**  
Pot Stickers

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

**Chef's Special**  
Blue Cheese Burger

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



**Merry Christmas!**



## 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!

[www.evadultresources.org](http://www.evadultresources.org)