

# Meals on Wheels & Congregate Meals Menu December

DATE	HOME DELIVERED MENU ENTREE	CONGREGATE MENU ENTREE
Monday, Dec. 3	Smoked Sausage Link & Beans, Winter Veggies	Fish Sandwich, Normandy Blend Veggie, Coleslaw
Tuesday, Dec. 4	Creamy Country Fries Steak, Potatoes, Mixed Veggies	Chicken & Noodles, Riviera Blend Veggie, Bananas
Wednesday, Dec. 5	Pork & Zesty Orange Rice, Green Peas, Carrots	Pork Chop, Baked Sweet Potato,, Peas w/Pearl Onions
Thursday, Dec. 6	Pollock Nuggets, Northern Beans, Broccoli	Goulash, Tossed Salad, Corn Bread, Green Beans
Friday, Dec. 7	Cheese Pizza, Cinnamon Apples, Green Peas	Comfort Food Bar
Monday, Dec. 10	Chicken Drumsticks, Beans & Corn, Brussel Sprouts	Tuna Noodle Casserole, Broccoli Salad, Cherry Crisp
Tuesday, Dec. 11	Three Cheese Ravioli & Spinach Alfredo, Cauliflower	Salisbury Steak, Mash Potatoes & Gravy, Carrots
Wednesday, Dec. 12	Beef Patty & Onion Gravy, Redskin Potatoes, Broccoli	Chicken Pesto over Penne Pasta, Capri Blend Veggie
Thursday, Dec. 13	Pork with Pizzaiola Sauce, Asparagus, Carrots	Holiday Party - no lunch served in centers
Friday, Dec. 14	Creamy Chicken & Waffle, Four Season Veg, Cabbage	Soup & Salad Bar
Monday, Dec. 17	Pepperoni Pizza, Mixed Veggies, Corn	Ham, Scalloped Potatoes, Venetian Blend Veggie, Pears
Tuesday, Dec. 18	Breaded Fish & Coconut Curry Rice, Cinnamon Apples	Chili, Corn Bread, Tossed Salad, Apple Crisp
Wednesday, Dec. 19	Chicken Florentine, Asparagus, Carrots	Broccoli & Cheese Soup, Chicken Salad Sandwiches
Thursday, Dec. 20	BBQ Pork Ribs, Green Peas, Cauliflower	Lasagna, Tossed Salad, Riviera Blend Veggies, Peaches
Friday, Dec. 21	Florentine Stuffed Shell, Northern Beans, Spring Veggie	Christmas Buffet
Monday, Dec. 24	<b>Closed for Holiday</b>	<b>Closed for Holiday</b>
Tuesday, Dec. 25	<b>Closed for Holiday</b>	<b>Closed for Holiday</b>
Wednesday, Dec. 26	Chicken & Dumplings, Winter Veggies, Lima Beans	Vegetable Soup, Chef Salad, Garlic Bread, Cherry Crisp
Thursday, Dec. 27	Spaghetti & Meatballs, Broccoli, Whole Kernel Corn	Meatloaf, Mash Potatoes, Venetian Blend Veggie
Friday, Dec. 28	Macaroni & Cheese, Green Peas, Carrots	New Years Buffet
Monday, Dec. 31	<b>Closed for Holiday</b>	<b>Closed for Holiday</b>

\*Meals are served with side dishes and milk, to provide 1/3 the Recommended Daily Allowances for adults 60+

## Join us for Lunch

**\*Call the COA to reserve your lunch at Three Rivers, Klines or Sturgis.**

**Kline's Resort**  
269-279-8083  
Fridays @ Noon  
22260 Kline's Resort Rd.  
Three Rivers, MI 49093

**Three Rivers  
Community Center**  
269-279-8083  
Monday-Friday @ Noon  
103 S. Douglas Avenue  
Three Rivers, MI 49093

**Enrichment Center**  
269-279-8083  
Monday-Friday @ Noon  
306 N. Franks Avenue  
Sturgis, MI 49091

The COA offers lunch on the first and third Friday of each month in Colon at Mystic Grove Apartments. Any COA member is welcome.