



# December MOW Meal Menu



Monday	Tuesday	Wednesday	Thursday	Friday
1 King Ranch Chicken Red Potatoes Steamed Carrots Mango & Papaya Cup WW Roll	2 Chicken Salad Fresh Baby Spinach Diced Tomatoes & Cucumbers Shredded Carrots Ranch Dressing	3 Carne Guisada Black Beans Spanish Rice WW Tortilla Picante Sauce Orange	4 Shepherd's Pie Green Beans Seasoned Cauliflower WW Roll Banana	5 Chicken Tenders Country Gravy Sweet Potatoes Veggie Blend WW Roll Apple
8 Pork Riblet BBQ Sauce Mashed Potatoes Seasoned Zucchini WW Roll Banana	9 Turkey Tetrazzini Rotini Pasta Broccoli & Cauliflower Yellow Squash Mandarin Orange Cup WW Roll	10 Creole Chicken Grilled Chicken Breast Veggie Blend Baked Fries WW Roll	11 Spaghetti with Meatballs Butternut Squash Green Beans WG Breadstick	12 Orange Chicken Brown Rice Asian Veggie Blend Veggie Egg Roll Orange
15 BBQ Chicken Sandwich Sweet Potato Tots Seasoned Spinach WG Bun Apple	16 Baked Ziti Ground Turkey Penne Pasta Seasoned Broccoli Steamed Corn WG Breadstick	17 Sliced Turkey & Swiss on WW Hoagie Lettuce & Tomato Cucumber Slices Baby Carrots Mixed Fruit Cup	18 Sliced Turkey Tenderloin Glazed Carrots Roasted Red Potatoes Zucchini Bread Loaf Peach Cobbler Cup Christmas Tree Cookie	19 Tarragon Chicken Breast Veggie Blend Brussels Sprouts WW Roll Banana
22 Frozen Meal	23 Frozen Meal	24 CENTER CLOSED 	25 CENTER CLOSED 	26 CENTER CLOSED 
29 Frozen Meal	30 Frozen Meal	31 CENTER CLOSED 	1 CENTER CLOSED 	

Menus are subject to change based on product availability.