




DECEMBER 2018

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Select Option A: or Option B:

| Mon  | Tue  | Wed  | Thu  | Fri  |
|--|--|--|--|--|
| <b>3</b><br><b>A: Baked Chicken Ginger sauce</b> <i>not suitable for Renal</i><br><b>B: Pollock Almandine</b> <i>not suitable for Low Res</i><br>2nd Meal- Roast Beef Sandwich | <b>4</b><br><b>A: Swedish Meatballs</b><br><b>B: Creamy Spinach Tortellini</b> <i>not suitable for Renal &amp; No Vk</i><br>2nd Meal- Pork Loin Sandwich           | <b>5</b><br><b>A: Turkey with gravy</b><br><b>B: Smoked Ham</b><br>2nd Meal-Ham Salad Sandwich   | <b>6</b><br><b>A: Pork Taco Casserole</b> <i>not suitable for Renal</i><br><b>B: Chicken Fajitas with rice</b><br>2nd Meal- Chicken Brst Sandwich            | <b>7</b><br><b>A: Stuffed Salmon</b><br><b>B: Macaroni &amp; Cheese</b> <i>not suitable for Renal</i><br>2nd Meal- Egg Salad Sandwich                                |
| <b>10</b><br><b>A: Crispy Chicken Cutlet</b> <i>not suitable for Renal Diets</i><br><b>B: Onion Sage Cod</b> <i>not suitable for Low Res</i><br>2nd Meal- Roast Beef Sandwich  | <b>11</b><br><b>A: Chicken Parmesan</b> <i>not suitable for Renal Diets</i><br><b>B: Breaded Veal Patty</b><br>2nd Meal-Chicken Salad Sandwich                     | <b>12</b><br><b>A: Pork Chop</b> <i>not suitable for Renal</i><br><b>B: Hawaiian Chicken</b><br>2nd Meal-Tuna Salad Sandwich                               | <b>13</b><br><b>A: Sweet &amp; Sour Pork</b> <i>not suitable for Renal</i><br><b>B: Beef Stroganoff</b><br>2nd Meal-Pork Loin Sandwich                       | <b>14</b><br><b>A: Sweet Potato Crusted Pollock</b> <i>not suitable for Renal</i><br><b>B: Turkey Pot Roast</b><br>2nd Meal-Egg Salad Plate                          |
| <b>17</b><br><b>A: Hamburger</b><br><b>B: Veggie Burger</b><br>2nd Meal-Chicken Brst Sandwich  | <b>18</b><br><b>A: Chicken Stuffed with Broccoli &amp; Cheese</b> <i>not suitable for No VK, Renal</i><br><b>B: Baked Pollock</b><br>2nd Meal- Roast Beef Sandwich | <b>19</b><br><b>A: Baked Texas Hash</b> <i>not suitable for Renal</i><br><b>B: Chicken Tetrazzini</b><br>2nd Meal- Turkey Sandwich                         | <b>20</b><br><b>A: Stir Fry Pepper Steak-</b> <i>not suitable for Renal Diets</i><br><b>B: Pork Chop with mushroom gravy</b><br>2nd Meal- Egg Salad Sandwich | <b>21</b><br><b>A: Basil Pesto Tilapia</b><br><b>B: Southern Chicken Gumbo</b> <i>not suitable for Renal</i><br>2nd Meal-Chicken Salad Sandwich                      |
| <b>24</b><br>NO MEAL DELIVERY  |  <b>25</b><br>NO MEAL DELIVERY  | <b>26</b><br><b>A: Sausage/peppers &amp; onions</b><br><b>B: Roasted Vegetable Lasagna</b> <i>not for Renal or NoVK</i><br>2nd Meal-Chicken Salad Sandwich | <b>27</b><br><b>A: Stuffed Cabbage</b> <i>not suitable for Renal</i><br><b>B: Panko Tilipia</b><br>2nd Meal- Egg Salad Sandwich                              | <b>28</b><br><b>A: Pollock Florentine</b> <i>not suitable for Renal or No VK</i><br><b>B: Baked Chicken Thigh</b><br>2nd Meal- Tuna Salad Sandwich                   |
| <b>31</b><br>NO MEAL DELIVERY  | <b>JANUARY 1, 2019</b><br>NO MEAL DELIVERY<br>                                  | Select<br><b>Option A: or Option B:</b><br>Return menu with your volunteer or with your contribution   | CANCELLATIONS-CALL 872-9117 before 10AM the day before<br>Entrée subject to change based on client diet.   | No meal will be left in a cooler without a call to the office & an ice pack<br> |

Every effort will be made to provide your selected meal, but occasionally you may be served another meal due to diet restriction or other circumstances.