

Apple of My Heart Nutrition Home Delivered Meal Menu

Monday		Wednesday		Friday
December 3, 2012		December 5, 2012		December 7, 2012
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Chicken & Dumplings With Peas & Carrots Roasted Asparagus Mixed Fruit	Turkey Pasta Salad Whole Grain Crackers Green Beans Pickled Beets Apricots	Polish Sausage on Whole Grain bun w/ Sauerkraut Cole Slaw Cinnamon Applesauce	Chili w/ Meat & Beans (Cheese & Onions) Creamed Corn Corn Muffin Grape Salad	Fruit Plate Cottage Cheese 3 Bean Medley Whole Grain Muffin
December 10, 2012		December 12, 2012		December 14, 2012
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Vegetable & Black Bean Soup w/ Nacho Chips Lettuce Salad Mango	Pork Roast Mashed Potatoes & Gravy Green Beans Cherry Crisp	Chicken & Cheese Quesadilla Corn & Black Bean Salad Sliced Bell Peppers Pineapple	Breakfast Sandwich (Whole Grain English Muffin, Egg, Cheese, Canadian Bacon) Stewed Tomatoes Orange Juice	Tuna Casserole w/ Peas & Carrots tossed w/ Whole Wheat Noodles Steamed Broccoli Sliced Apricots
December 17, 2012		December 19, 2012		December 21, 2012
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Breakfast Casserole (Egg, Cheese, Sausage) Hash browns Spinach, V-8 Juice Grapefruit Sections	Beef Stew w/ Potatoes & Carrots Over a Biscuit Roasted Zucchini Baked Cinnamon Apples	Open Faced Roast Beef on Whole Wheat Bread Mashed Potatoes & Gravy Roasted Broccoli & Cauliflower Peach Crisp	Pineapple Glazed Ham Caramelized Sweet Potatoes Green Bean Casserole Pineapple Salad	Meatball Subs w/ Marinara sauce & Cheese Mustard Potato Salad Italian Vegetables Grapes
December 24, 2012		December 26, 2012		December 28, 2012
<i>Hot Meal</i>	<i>Friday Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Merry Christmas!!! Agency Closed. Two Meals will be Served Friday December 21, 2012	Vegetable Soup Whole Wheat Crackers Lettuce Salad Creamy Fruit Salad	Creamy Chicken Salad Whole Grain Crackers Glazed Carrots Marinated Cucumbers & Onions Fruit Medley	Brown Bag Lunch will be served due to Holiday.	Chicken Fajitas w/ Peppers and Onions 2 Whole Grain Tortillas Refried Beans Tropical Fruit
December 31, 2012				
<i>Hot Meal</i>	<i>Friday Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Happy New Year!!! Agency Closed. Two Meals will be Served Friday December 28, 2012	Spaghetti w/ Marinara Sauce & Italian Sausage Italian Style Green Beans Lettuce Salad Diced Pears			Suggested Donation: \$3.00 However, no one requesting a meal will be denied meal services.

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