

\*Menu IS subject to change.

WE ARE  
**Meals On Wheels**  
So no senior goes hungry.

**The suggested per meal donation is \$6<sup>00</sup>**

Thank you for supporting your local program

**December 2021**



Cascade County Senior Nutrition  
454-6993

	Tuesday	Wednesday	Thursday	Friday
		1 Crispy Beer Battered Fish Steamed California Blend JoJo Potatoes Dessert	2 Sweet and Sour Grilled Chicken Breast Stir Fry Vegetables Egg Roll Diced Peaches	3 Ham and Cheddar Cheese Sandwich on Multigrain roll 3 Bean Salad Raspberry Parfait
s6 BBQ Pork Riblets Tater Tots Steamed Mixed Vegetables Chocolate Pudding	7 Cheesy Chicken and Brown Rice Casserole Steamed Broccoli Florets Banana	8 Quarter Pound all Beef Hot Dog with a Bun Steamed Beets Dessert	9 Chicken Cacciatore over Mini Penne Noodles Steamed English Peas with Pearl Onions Dessert	10 Pancake Wrapped Sausage Scrambled Eggs Hash Round Potatoes Fruit Cocktail
13 BBQ Chicken Breast JoJo Fries Confetti Corn Tapioca Pudding	14 Pork Barbeque with Whole Grain Bun Steamed Green Beans Banana	15 Baked Lemon Chicken Breast Rice Pilaf Baby Lima Beans Diced Peaches	16 Salmon Casserole Capri Blend Vegetables Dessert	17 Tater Tot Casserole Chef's Spring Vegetable Blend Dessert 
20 Chicken Fried Steak Mashed Potatoes Steamed Broccoli Banana Pudding	21 Tossed Salad with Dressing Creamy Macaroni and Cheese Steamed Sliced Carrots Dessert	22 Pork Chop with Onion Gravy Rice Pilaf Mixed Vegetables Dessert 	23  <b>MEAL</b> Sliced Roast Beef Oven Roasted Potatoes Capris Blend Vegetables Apple Pie	24 Breaded Chicken Breast Green Beans Parsley New Potatoes Dessert <b>This meal will be delivered frozen on previous Thursday</b>
27 Creamy Coleslaw Crispy Baked Pollock Parslied Potatoes Lemon Pudding	28 Hearty Vegetable Stew with White Beans Honey Cornbread Banana	29 Beef Goulash Steamed Italian Vegetables Dessert	30  <b>Meal</b> Chicken Cordon Bleu Yukon Gold Mashed Green Beans Amandine Diced Pears	31 Swedish Meatballs Mashed Potatoes Honey Glazed Baby Carrots Banana <b>This meal will be delivered frozen on previous Thursday</b>



Cascade County Senior Nutrition / Meals on Wheels, 1620 12<sup>th</sup> Avenue North, Great Falls, MT 59401

These meals are brought to you by the Cascade County Aging Services Senior Nutrition Program.  
A Federal Title 3C and local program.

