

DCOA Home Delivered Meals- December 2017

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
								12/01 *Seafood Pasta Salad (8 oz) *Cole Slaw (4oz) *Green Salad (1 cup) *Wheat Crackers (2 pkg) *Apple Sauce (4 oz) *8 oz. 1% Milk **Vegetarian Option** *Cheesy Pasta Salad & Vegetables		12/02 *Oven Fried Chicken Tenders (3 oz) *Macaroni & Cheese (4oz) *Baked Beans (4 oz) *Caesar Salad (1Cup) *Fruit Cocktail (4 oz) *8 oz. 1% Milk **Vegetarian Option** *Chicken Less Nuggets		12/03 *Chefs Salad *1 oz. Turkey *1 oz. Ham *1 oz. Swiss Cheese *Green Salad (2 Cups) *Corn Bread (1 pc) *Pasta Primavera (4 oz) *100% Fruit Juice (6oz) *Yogurt (6oz) **Vegetarian Option** *Lentil Salad	
12/04 *Chopped Steak w/Gravy (3oz) *Red Quinoa, Spinach & Potato Hash (4 oz) *Broccoli (4 oz.) *Applesauce *Dinner Roll (1) *8 oz. 1% Milk **Vegetarian Option** *Spaghetti Squash Lasagna	12/05 *Grilled Chicken (3 oz) *Whole Grain Roll (1) *Lettuce & Tomato (1 ea) *Cucumber Salad (4 oz) * Cole Slaw (4 oz) *Yogurt (1 - 6oz) *100% Juice (1 - 6oz) **Vegetarian Option** *Eggplant & Mozzarella Sandwich	12/06 *Kielbasa Sausage (3 oz) *Baked Sauerkraut (2 oz) *Black Eyed Peas (3 oz) *Collard Greens (3 oz) *W.W. Hot Dog Roll (1) *Banana *8 oz. 1% Milk **Vegetarian Option** *Smoked Apple & Sage Sausage	12/07 *Tuna Salad Plate (3 oz) *Green Salad (1 Cup) *Carrot Sticks (4 oz) *Hard Boiled Egg (1) *Dressing *Yogurt (1 - 6oz) *100% Juice (1 - 6oz) **Vegetarian Option** *Egg Salad Plate	12/08 *Broiled Salmon (3 oz.) *Rice Pilaf (4 oz) *Green Beans (4 oz.) *Green Salad (1 cup) *Slice W.W. Bread (1 sl) *8 oz. 1% Milk **Vegetarian Option *Hummus w/Vegetables	12/09 *Baked Ziti w/ Beef (6 oz) *Mixed Vegetables (4 oz) *Green Salad (1 Cup) *Fruit Cocktail (4oz) *Biscuit (1) *8 oz. 1% Milk **Vegetarian Option** *Vegetable & Cheese Ziti	12/10 *BBQ Chicken Drumsticks (2) *Potato Salad (4 oz) *3 Bean Salad (4 oz) *Whole Grain Roll (1) *Yogurt (1 - 6oz) *100% Juice (1 - 6oz) **Vegetarian Option** *Barbecued Chix Less Nuggets							
12/11 *Beef Stroganoff (6 oz) *Noodles w/ Parsley(2 oz) *Green Beans (4 oz) *Caesar Salad (1 cup) *Orange *8 oz. 1% Milk **Vegetarian Option** *Veggie Stuffed Portabella	12/12 *Smoked Turkey (3 oz) *Whole Grain Roll (1) *Lettuce & Tomato (1 ea) *Corn Salad (4oz) *Chickpea Salad (4 oz) *Yogurt (1 - 6oz) *100% Juice (1 - 6oz) **Vegetarian Option** *Grill Veggie & Cheese Wrap	12/13 *Western Omelets (1) *Sautéed Pepper and Onion (1oz) *Stewed Tomatoes (4oz) *Turkey Sausage (1 pc) *Home Fried Potatoes (4 oz.) *Biscuit (1) *Whole Orange *8 oz. 1% Milk **Vegetarian Option** *Cheese Omelets	12/14 *Lemon Caper Fettuccine (3 oz) w/ Grilled Chicken (3 oz) *Cucumber Salad (4 oz) *Sliced Beets (4 oz) *Diced Pears (4oz) *Whole Grain Roll (1) *8 oz. 1% Milk **Vegetarian Option** *Pasta Primavera w/ Vegetables	12/15 *Oven Fried Fish (4 oz) *Potato Wedges (4 oz) *Kale (4 oz) *Wheat Bun (1) *Diced Pears *8 oz. 1% Milk **Vegetarian Option** *Tofu & Black Bean Sauce	12/16 *Pulled BBQ Chicken (1pc) *Sweet Potato Fries (4 oz) *Cole Slaw (4 oz.) *Wheat Bun (1) *100% Fruit Juice (6oz) *Yogurt (6oz) **Vegetarian Option** *Barbecued Tofu	12/17 *Tuna Salad Plate (4 oz) *Green Salad (1 cup) *W.W. Crackers (2) *Hard Boiled Egg (1) *Black Bean & Corn Salad (4 oz) *Banana 8 oz. 1% Milk **Vegetarian Option** *Cheesy Pasta Salad w/ Veg							
12/18 *Roast Turkey (3 oz.) *Stuffing (3 oz) *Green Beans(4 oz) *Zucchini (4 oz) *Whole Grain Roll (1) *Diced Mangos *8 oz. 1% Milk **Vegetarian Option** *Lentil & Grilled Veggie Wrap	12/19 *Broiled Salmon 3oz *Chipotle Tartar Sauce 1oz *Green Bean Salad (4 oz) *Carrot & Raisin Salad (4 oz) * Whole Grain Roll (1) *Yogurt (1 - 6oz) *100% Juice (1 - 6oz) **Vegetarian Option** *Veggie & Cheese Stuffed Tomato	12/20 *Italian Meatballs (3 oz.) *Spaghetti w/ Sauce (4 oz) *Mixed vegetables (4 oz) *Green Salad (1 cup) *2 oz. Whole Grain Roll *Watermelon *8 oz. 1% Milk **Vegetarian Option** *Cheesy Potini w/ Marinara	12/21 *Roast Beef (3 oz) *Whole Grain Roll (1) *Lettuce & Tomato (1 ea) *Potato Salad (4oz) *Green Salad (4 oz) *Yogurt (1 - 6oz) *100% Juice (1 - 6oz) **Vegetarian Option** *Grilled Veggie & Cheese Wrap	12/22 *Blackened Tilapia Filet (1 pc) *Wild Rice Pilaf (4 oz) *Green Beans (4 oz.) *Sliced Beets (4 oz.) *Whole Grain Roll (1) *8 oz. 1% Milk *Whole Orange **Vegetarian Option** *Tofu w/ Black Bean Sauce	12/23 *Grilled Chicken Sandwich (3oz) *Wheat Bread (2 sl.) *Cole Slaw (4 oz) *3 Bean Salad (4 oz) *Orange *8 oz. 1% Milk **Vegetarian Option** *Eggplant & Mozzarella Sandwich	12/24 *Baked Ham (3 oz) *Baked Sweet Potato (4 oz) *Green Beans (4 oz) *Yellow Zucchini (4 oz) *Whole Grain Roll (1) *Yogurt (6oz) *100% Fruit Juice (6oz) **Vegetarian Option** *Spinach & Feta Criscent							
12/25 *Tuna Salad Sandwich (4oz) *Wheat Bread (2 sl.) *Garbanzo Salad (4 oz) *Marinated Veggie Salad (4oz) *Orange *8 oz. 1% Milk **Vegetarian Option** *Falafel Sandwich	12/26 *Lemon Basil Chicken (3 oz) *Wild Rice Salad (4 oz) *Cucumber Salad (4 oz) *Applesauce (4 oz) *Whole Grain Roll (1) *8 oz. 1% Milk **Vegetarian Option** *Mediterranean 7 Bean Salad	12/27 *Salmon Salad Plate (3 oz) *Green Salad (1 Cup) *Carrot Sticks (4 oz) *Hard Boiled Egg (1) *Dressing *Crackers (2 pk) *8 oz. 1% Milk *Diced Peaches (4 oz) **Vegetarian Option** *Egg Salad Plate	12/28 *Pesto Turkey Meatballs *Fettuccine w/ Pesto Sauce *Stewed Tomatoes & Basil *Green Salad *Wheat Dinner Roll (1) *Yogurt (1 - 6oz) *100% Juice **Vegetarian Option** *Cheesy Marinetti	12/29 *Curry Chicken Salad (4 oz) *Israeli Cous Cous (4 oz) *Green Salad (1 Cup) *Tomato & Onion Salad (4 oz.) *Wheat Bread (2 sl.) *100% Juice *Yogurt (1 - 6 oz) **Vegetarian Option** *Grilled Tofu (2oz)	12/30 *Meatloaf (3 oz) *Mashed Potatoes (4 oz) *Collard Greens (4 oz) *Whole Grain Dinner Roll (1) *Yogurt (1 - 6 oz) *100% Juice (6oz) **Vegetarian Option** *Eggplant Parmesan	12/31 *BBQ Chicken Breast (3 oz) *Wheat Bun (1) *Green Bean Salad (4 oz) *House Salad (1 Cup) *8 oz. 1% Milk *Fruit Cocktail (4 oz) **Vegetarian Option** *Grilled Veggie & Cheese Wrap							

2 Meals delivered on Friday 12/22, Saturday 12/23, Tuesday 12/26 & Thursday 12/28