



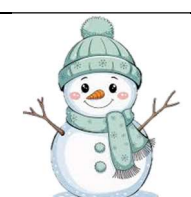







Meals on Wheels of Metro Tulsa  
 (918) 627-4103  
**December 2024 Menu-Regular**






Monday	Tuesday	Wednesday	Thursday	Friday
				
2	3	4	5	6
Macaroni and Cheese Green Peas California Vegetables	Turkey and Dumplings Pinto Beans Diced Beets	Cheese Omelet Hashbrown Patty Stewed Tomatoes	Rosemary Chicken Cheesy Brown Rice Green Beans	Lemon Pepper Pollock Pasta Florentine Dilled Carrots
9	10	11	12	13
Beef Pepper Steak Mixed Beans Lemon Zest Broccoli	Sausage and Red Beans* Medley Cabbage Stewed Tomatoes	Turkey Sausage Patty Egg Patty W/Cheese Roasted Potatoes	Cajun Meatloaf Chuckwagon Corn Cauliflower	Tuna Macaroni and Cheese Green Peas Capri Vegetables
16	17	18	19	20
Chicken Fajita Pinto Beans Mexican Style Tomatoes	Pollock Fish Nuggets Whole Kernel Corn Spring Vegetables	French Toast Sticks Hashbrown Patty Canadian Bacon	Herbed Pork Loin* Brown Rice Glazed Carrots	Chili Garlic Chicken Twice Whipped Potatoes Parmesan Brussels Sprouts
23	24	25	26	27
Turkey Tetrazzini Broccoli Glazed Carrots	<b>CHRISTMAS EVE - CLOSED</b> BBQ Chicken Cream Cheese Corn Cauliflower	<b>MERRY CHRISTMAS! - CLOSED</b>  Sausage/Egg/Cheese Scramble Hash Browns Biscuit 	Breaded Pollock Green Peas Stewed Tomatoes	Beef Taco Black Beans Glazed Carrots
30	31			
Meatloaf Tomato Gravy Whipped Potatoes Spring Vegetables	<b>NEW YEARS EVE CLOSED</b> Bean Tamale Pie Savory Lime Corn Sliced Carrots			*Please note that substitutions may have to be made sometimes for specific items due to shortages, unavailability of the product from the vendors, or for other reasons

Meals on Wheels of Metro Tulsa  
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**December 2024 Menu– Vegetarian**

Monday	Tuesday	Wednesday	Thursday	Friday
				
2 Macaroni and Cheese Green Peas California Vegetables	3 Cheese Enchiladas Pinto Beans Diced Beets	4 Cheese Omelet Hashbrown Patty Stewed Tomatoes	5 White Bean Chili Cheesy Brown Rice Green Beans	6 Lentil Stew Pasta Florentine Dilled Carrots
9 Alfredo Veggie Meatballs Mixed Beans Lemon Zest Broccoli	10 Red Beans and Rice Medley Cabbage Stewed Tomatoes	11 Veggie Sausage Egg Patty W/Cheese Roasted Potatoes	12 Bean Tamale Pie Chuckwagon Corn Cauliflower	13 Three Cheese Ziti Green Peas Capri Vegetables
16 Veggie Taco Pinto Beans Mexican Style Tomatoes	17 Vegetarian Chili Whole Kernel Corn Spring Vegetables	18 French Toast Sticks Hashbrown Patty Veggie Sausage	19 Lemony Chickpea Stir-Fry Brown Rice Glazed Carrots	20 Marinara Veggie Meatballs Twice Whipped Potatoes Parmesan Brussels Sprouts
23 Spaghetti Torte Broccoli Glazed Carrots	24 <b>CHRISTMAS EVE - CLOSED</b> Lentil Stew Cream Cheese Corn Cauliflower	25 <b>MERRY CHRISTMAS! - CLOSED</b>  Pepper/Egg/Cheese Scramble Hash Browns Biscuit 	26 Three Cheese Ziti Green Peas Stewed Tomatoes	27 Veggie Taco Black Beans Glazed Carrots
30 Broccoli Strata Whipped Potatoes Spring Vegetables	31 <b>NEW YEARS EVE CLOSED</b> Bean Tamale Pie Savory Lime Corn Sliced Carrots			*Please note that substitutions may have to be made sometimes for specific items due to shortages, unavailability of the product from the vendors, or for other reasons

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**December 2024 Menu-Chicken – Vegetarian**

Monday	Tuesday	Wednesday	Thursday	Friday
				
2 Macaroni and Cheese Green Peas California Vegetables	3 Turkey and Dumplings Pinto Beans Diced Beets	4 Cheese Omelet Hashbrown Patty Stewed Tomatoes	5 Rosemary Chicken Cheesy Brown Rice Green Beans	6 Lentil Stew Pasta Florentine Dilled Carrots
9 Alfredo Veggie Meatballs Mixed Beans Lemon Zest Broccoli	10 Red Beans and Rice Medley Cabbage Stewed Tomatoes	11 Turkey Sausage Patty Egg Patty W/Cheese Roasted Potatoes	12 Bean Tamale Pie Chuckwagon Corn Cauliflower	13 Three Cheese Ziti Green Peas Capri Vegetables
16 Chicken Fajita Pinto Beans Mexican Style Tomatoes	17 Vegetarian Chili Whole Kernel Corn Spring Vegetables	18 French Toast Sticks Hashbrown Patty Veggie Sausage	19 Lemony Chickpea Stir-Fry Brown Rice Glazed Carrots	20 Chili Garlic Chicken Twice Whipped Potatoes Parmesan Brussels Sprouts
23 Turkey Tetrazzini Broccoli Glazed Carrots	24 <b>CHRISTMAS EVE - CLOSED</b> BBQ Chicken Cream Cheese Corn Cauliflower	25 <b>MERRY CHRISTMAS! - CLOSED</b>  Pepper/Egg/Cheese Scramble Hash Browns Biscuit 	26 Three Cheese Ziti Green Peas Stewed Tomatoes	27 Veggie Taco Black Beans Glazed Carrots
30 Broccoli Strata Whipped Potatoes Spring Vegetables	31 <b>NEW YEARS EVE CLOSED</b> Bean Tamale Pie Savory Lime Corn Sliced Carrots			*Please note that substitutions may have to be made sometimes for specific items due to shortages, unavailability of the product from the vendors, or for other reasons