

# December 2023 Meals on Wheels & Senior Café

**Meals on Wheels**—Please remember to cancel your meal 24 hours in advance of any appointments, etc

Sylva 631-8044

Cashiers 745-6856

**Senior Café**—Reservations & Cancellations required by 3pm one day in advance.

Sylva 631-8045

Cashiers 745-6856

Monday	Tuesday	Wednesday	Thursday	Friday
				
<b>4</b> Pork Loin w/Gravy Baked Sweet Potato Cauliflower Fresh Fruit Cup Biscuit      Milk	<b>5</b> Country Fried Steak w/Gravy    Green Beans Macaroni & Cheese Mandarin Oranges WW Roll    Milk	<b>6</b> Breaded Tilapia Wild Rice Blend Steamed Broccoli Hush Puppies Diced Pears    Milk	<b>7</b> Beef Frito Pie Spanish Rice Fiesta Vegetables Fresh Banana Milk	<b>1</b> Taco Salad Casserole Pinto Beans Fiesta Corn Grapes Milk
<b>11</b> Apple Pork Chop Scalloped Potatoes Sliced Beets Cornbread Banana      Milk	<b>12</b> Pasta Primavera w/Turkey    Peas Garlic Toast Peaches-n-Cream Milk	<b>13</b> Oven Fried Chicken Cheesy Potatoes Asparagus    Milk Pineapple Cake WW Roll    Fruit Cup	<b>14</b> Chef Salad w/ham, Turkey    Crackers Potato Salad Cottage Cheese & Fruit Milk	<b>15</b> Pork Roast Turnip Greens Pinto Beans Cornbread    Milk Peach Crisp
<b>18</b> Beef w/Roasted Vegetables Brussel Sprouts    Roll Summer Squash Salad Lemon Pudding    Milk	<b>19</b> Baked Spaghetti Tossed Salad w/drsing Fruit Cup    Milk Pumpkin Muffin Garlic Breadstick	<b>20</b> White Chicken Chili Kale & Apple Salad Beets    Corn Fresh Orange Cornbread    Milk	<b>21</b> Pork Loin w/Gravy Baked Sweet Potato Cauliflower Fresh Fruit Cup Biscuit      Milk	<b>22</b> Pepper Steak w/Gravy Rice Mixed Vegetables Carrot Raisin Salad Roll      Milk
<b>25</b> CLOSED <i>Merry Christmas from            Nutrition Staff and            Jackson County Dept            on Aging</i>	<b>26</b> CLOSED 	<b>27</b> CLOSED Have a <b>HAPPY            NEW YEAR!</b>	<b>28</b> Northern Beans w/Sausage Medallions Cornbread    Cookie Collard Greens Stewed Apples    Milk	<b>29</b> Fried Chicken Thigh Sweet Potato Souffle Lima Beans Fresh Grapes Roll      Milk