

December 2025 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
1 Fried Chicken Thigh Lima Beans Sweet Potato Souffle Fresh Grapes Roll Milk	2 Pork Loin w/Gravy Baked Sweet Potato Cauliflower Fresh Fruit Cup Biscuit juice/oj Milk	3 French Dip w/Au Jus Roll Sweet Potato Fries Lima Beans Milk Spice Cake Apple Sauce	4 Red Beans on Rice Sausage Medallions Collard Greens Fresh Orange Cornbread Milk	5 Sautéed Garlic Chicken Butternut Squash Green Peas Roll Berry Parfait Milk
8 Breaded Tilapia Wild Rice Blend Steamed Broccoli Hush Puppies Diced Pears Milk juice/oj	9 Cheese Ravioli w/Meat Sauce Southwestern Corn Green Beans Garlic Bread Milk Carrot Cake w/frosting	10 Chef Salad w/Ham & Turkey Crackers Potato Salad Cottage Cheese & Fruit Milk	11 Cheeseburger/Bun (lettuce & tomato) Baked Beans Sweet Potato Fries Calico Coleslaw Fresh Orange Milk	13 Chicken Parmesan on Penne Pasta & Marinara Peas spiced apples Tossed Salad Garlic Breadstick Milk
15 Chicken Dumpling Carrots Green Beans Fruit Cup Biscuit Milk Juice/oj	16 Hamburger Steak w/Mushroom gravy Mashed Potatoes Broccoli Casserole Peaches Roll Milk	17 Pork Roast Turnip Greens Pinto Beans Cornbread juice/oj Peach Crisp Milk	18 Oven Fried Chicken Cheesy Potatoes Asparagus Milk Pineapple Cake Roll Fruit Cup	19 Apple Pork Chop Scalloped Potatoes Sliced Beets Cornbread Banana Milk
22 Pepper Steak Gravy & Rice Mixed Vegetable Carrot Raisin Salad Roll Milk	23 Roasted Turkey Dressing w/Gravy Green Beans Roll Spiced Apples Milk juice/oj	<div data-bbox="907 1117 1990 1312" data-label="Image"> </div>		
29 Taco Salad Casserole Pinto Beans Fiesta Corn Fresh Grapes Milk juice/oj	30 Country Fried Steak w/Gravy Green Beans Macaroni & Cheese Mandarin Oranges Roll Milk	31 White Chicken Chili Kale & Apple Salad Beets Corn Milk Cornbread Fresh Orange	<div data-bbox="1310 1351 1822 1588" data-label="Image"> </div>	