

## EVENING MEALS ON WHEELS MENU – DECEMBER 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<b>30</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
BBQ Chicken Baked Sweet Potatoes Broccoli Cookie Crumble Pudding	Roast Beef with Gravy Hash Browns Greens Salad Lemon Bar	Chicken Enchiladas Mandarin Orange Roasted Corn Fresh Fruit	BBQ Pork Sandwich Green Bean Casserole Baked Custard <b><u>Saturday Cold Meal:</u></b> Vegetable Frittata with Salad	Breaded Catfish Cornbread Red Beans & Rice Cheesecake Bar <b><u>Sunday Cold Meal:</u></b> Pepperoni Calzone
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
Chicken Alfredo Fettuccini Broccoli Tiramisu	BLT Hash Browns Greens Salad Rice Pudding	Shrimp Fried Rice Broccoli Carrots Fresh Fruit	Cheeseburger Roasted Potato Cauliflower Brownie <b><u>Saturday Cold Meal:</u></b> Chicken Parmesan with Rigatoni	Baked Whitefish Israeli Couscous Braised Greens Chocolate Chip Cookie <b><u>Sunday Cold Meal:</u></b> Stuffed Chicken and Rice
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
Chicken Pot Pie Potatoes Peas & Carrots Greens Salad Lemon Bar	Meatloaf Mashed Potatoes Greens Salad Chocolate Cake	Roasted Chicken Garlic Potatoes Green Beans Fresh Fruit	Steak Tacos Flour Tortilla Fire Roasted Corn Churro <b><u>Saturday Cold Meal:</u></b> Spinach Ricotta Manicotti	Cod & Shrimp Stew Potatoes Roasted Root Vegetables Vanilla Pudding <b><u>Sunday Cold Meal:</u></b> Chicken Spinach Artichoke Bake
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
Chicken Cacciatore Polenta Peppers & Onions Berry Tart	Beef Stew Greens Salad Apricot Fluff	Shepard's Pie Mashed Potatoes Peas & Carrots Fresh Fruit <b><u>Christmas Day Cold Meal:</u></b> Baked Ham, Scalloped Potatoes, Green Beans	Swedish Meatballs Pita with Spinach Dip Deviled Egg Christmas Cookie <b><u>Saturday Cold Meal:</u></b> Cheeseburger Casserole <b><u>Sunday Cold Meal:</u></b> Pork Schnitzel with Braised Red Cabbage	<b>Closed for Christmas Day</b>
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>1</b>
Chicken Stir Fry Rice Mixed Vegetables Lemon Curd	Grilled Sirloin w/ Mushroom Sauce Mashed Potato Greens Salad Brownie	Glazed Game Hen Farro Sweet Potatoes Fresh Fruit <b><u>New Year's Day Cold Meal:</u></b> Sausage & Lentils with Braised Greens	Beef Bourguignon Potato Carrot, Peas & Onions Chocolate Mousse <b><u>Saturday Cold Meal:</u></b> Chicken & Dumplings <b><u>Sunday Cold Meal:</u></b> Ham & Root Vegetable Gratin	<b>Closed for New Year's Day</b>



## Evening Meals on Wheels

November 16, 2020

Dear Client of Evening Meals on Wheels,

Enclosed you will find our menu for December. This year we will be open on Christmas Eve and New Year's Eve with a lunchtime delivery. **Meals will be delivered between 12:00pm and 1:30pm on 12/24 and 12/31.** Refer to your menu for more details. We wish you a happy and healthy holiday season!

### **IMPORTANT UPDATE:**

Our current kitchen at The Gardens Retirement Community will be closing at the end of this month. Starting on **11/30** your meals will be prepared at a different location called Steenbock's on Orchard, part of Madison's Food Fight Restaurant Group. Steenbock's on Orchard is located downtown and offers dishes with local and seasonal ingredients. Steenbock's also caters events such as galas and weddings. Though your meal containers may look a little different, rest assured that there will be no changes to your delivery time or ordering schedule or the friendly drivers who bring your meals. We are looking forward to this partnership and we hope you find our new meals to be delicious and nutritious.

Warm Regards,  
Addie Endreson, Evening Meals on Wheels Manager

### **Instructions**

**Orders and Cancellations:** Thank you for calling in/emailing all changes for the month at one time!

- Hot Meals - submit by noon the business day before.
- Weekend Cold Meals - submit by noon on Wednesday.
- Christmas Week - submit by noon on Friday, December 18<sup>th</sup>
- New Year's Week - submit by noon on Friday, December 18<sup>th</sup>

### **Absences:**

If you are not going to be home within the delivery window (4pm to 6pm), please leave an insulated cooler or lunchbox by your door (cardboard boxes, totes, and plastic bags are not considered insulated). This is to ensure your food stays at a safe temperature. For your safety, we recommend retrieving your meal no later than 7pm so it won't spoil.

### **Refrigeration Instructions:**

- If you do not plan to eat your meal immediately after delivery, please refrigerate.
- Before refrigerating, tear back a corner of the plastic covering to prevent condensation.

### **Heating Instructions:**

#### Microwave

- Our black plastic meal trays are microwavable.
- Before heating, poke holes in the plastic cover.
- All microwave ovens vary in cooking times. Try heating your meal for 1 to 2 minutes. Heat for additional time as needed.

#### Oven

- Our black plastic meal trays are not oven safe.
- Place meal on a cookie sheet and bake no longer than 20-25 minutes at 350 degrees.