**December 2022**

PVI Meals on Wheels will be closed for business on Monday, December 26. There will be no change to meal delivery schedules. Meals will be delivered on Tuesday, December 27 and Thursday, December 29 or Wednesday, December 28 and Thursday, December 29, per usual.

**Meal Dates**

<table>
<thead>
<tr>
<th>Monday 5</th>
<th>Tuesday 6</th>
<th>Wednesday 7</th>
<th>Thursday 8</th>
<th>Friday 9</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bean &amp; Vegetable Soup, Rice</td>
<td>Veggie-licious Pasta Bolognese, Steamed Spinach</td>
<td>Creamy Chicken Soup, Steamed Spinach</td>
<td>Fish Sticks over Mashed Cauliflower, Carrots</td>
<td>Sausage Jambalaya, Succotash</td>
</tr>
<tr>
<td>Orange &amp; Sliced Bread 1% Milk</td>
<td>Apple &amp; Sliced Bread 1% Milk</td>
<td>Apple Sauce &amp; Sliced Bread 1% Milk</td>
<td>Juice &amp; Sliced Bread Serving of Cheese (delivered Thursday)</td>
<td>Dried Fruit &amp; Sliced Bread 1% Milk (delivered Thursday)</td>
</tr>
<tr>
<td>Monday 12</td>
<td>Tuesday 13</td>
<td>Wednesday 14</td>
<td>Thursday 15</td>
<td>Friday 16</td>
</tr>
<tr>
<td>Vegetarian Three Bean Chili, Cabbage</td>
<td>Chicken Cacciatore over Brown Rice Pilaf, Zucchini</td>
<td>Meatloaf w/ Mushroom Gravy over Sweet Potato Mash, Sautéed Vegetables</td>
<td>Tex-Mex Chicken Casserole over Spanish Cauliflower Rice, Green Beans &amp; Carrots</td>
<td>Sausage &amp; Vegetable Frittata w/ Tater Tots</td>
</tr>
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<td>Tuesday 20</td>
<td>Wednesday 21</td>
<td>Thursday 22</td>
<td>Friday 23</td>
</tr>
<tr>
<td>Baked Ziti, Cauliflower, Vegetable Medley</td>
<td>Hearty Beef Stew w/ Potatoes</td>
<td>Teriyaki Chicken over Steamed Rice, Edamame</td>
<td>Spanish Rice con Pollo w/ Sautéed Vegetables</td>
<td>Herb Roasted Turkey w/ Gravy over Sweet Potatoes, Peas &amp; Pearl Onions, Dessert Bar</td>
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<td>Tuesday 27</td>
<td>Wednesday 28</td>
<td>Thursday 29</td>
<td>Friday 30</td>
</tr>
<tr>
<td>Vegetable Goulash, Veggie Medley</td>
<td>Chef’s Choice</td>
<td>Baked Chicken Parmigiana over Pasta, Baby Carrots, Broccoli</td>
<td>Chef’s Choice</td>
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**Important to know!**

Meals on Wheels delivery may occur anytime between 10 am and 2 pm. Your driver and delivery time may vary. Feel free to call the MOW office after 1 pm if you have not received your meal.

**Keeping up with the times**

To make things more convenient for you as our client, if you would like to make a contribution for your meals, you can call our office and we can set you up with a credit card payment. This way you do not have to mail us anything!

**MEAL REHEATING INSTRUCTIONS**

- Microwave 5-7 mins or until food reaches 165°F. For best results, open the film to vent. Stir halfway through cook time.
- If stored in freeze - consume within 3 days if stored in freezer, - consume within 6 months
- If stored in fridge - consume within 3 days

**SYMBOLE KEY (refers to primary entree)**

- Poultry
- Beef
- Vegetarian
- Pork

**MENUS REFLECT A STANDARD 5 MEALS PER WEEK PLAN**

**MEALS ARE SUBJECT TO CHANGE DUE TO SEASONALITY AND OCCASIONAL SHORTAGES**

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