

*Independence
Meals on Wheels*

December 2018

All meals are made in Independence,
served every week day.
Extra meals can be order.
Call 816-254-9566 between 8 - noon

SUN	MON	TUE	WED	THUR	FRI	SAT
2	3 Ham w/ Pineapple Mac & Cheese Green Beans Dessert	4 Beef and Noodles Mixed Vegetables Dessert	5 Beef Enchiladas Spiced Apples Dessert	6 Parmesan Chicken Sweet Potatoes Peas Dessert	7 Pork Bake w/Stuffing Antigua Vegetables Dessert	8
9	10 Lemon Fish Spanish Rice Broccoli Dessert	11 King Ranch Casserole Carrots Dessert	12 Ham & Beans Spinach Dessert	13 Beef Stew Dessert	14 Oven-Fried Chicken California Vegetables Dessert	15
16	17 Tater Tot Casserole Spiced Peaches Dessert	18 Italian Chicken Potatoes Au Gratin Beets Dessert	19 Bar B Q Pork Pork and Beans Cauliflower Dessert	20 Meatloaf Mashed potatoes and Brown Gravy Green Beans Dessert	21 Salisbury Steak Mashed Potatoes w/ Brown Gravy Broccoli Dessert	22
23	24 Upside Down Shepherd's Pie Spiced peaches Dessert	25 	26 Sloppy Joe Bake Peas and Carrots Dessert	27 Chicken Alfredo with Noodles Carrots Dessert	28 Bake Fish Wild Rice Antigua Vegetables Dessert	29
30	31 Breakfast Casserole Spiced Apples Dessert	<i>Happy New Year</i>				