






December 2022

Meals On Wheels

All meals are made in Independence served every weekday.
Extra meals can be ordered.
Call 816-254-9566 between 8 – noon.

SUN	MON	TUE	WED	THUR	FRI	SAT
Menu subject to change				1 - Parmesan Chicken - Mashed Potatoes With Gravy - Stewed Tomatoes - Dessert	2 - Chili Dogs - Spiced Peaches - Dessert	3
4	5 - Ham w/ Pineapple - Au Gratin Potatoes - Cali Veg - Dessert	6 - Chicken Al-Fredo - Antigua Veg. - Dessert	7 - Beef Enchiladas - Spiced Apples - Dessert	8 - BBQ Pork - Baked Beans - Corn - Dessert	9 HOLIDAY MENU - Turkey & Ham - Green Beans, - Corn, Mashed Potatoes, & Stuffing	10
11	12 - Chicken Al A King - Wild Rice - Tuscan Veg. - Dessert	13 - Breakfast Casserole - Spiced Peaches - Dessert	14 - Meatloaf - Mashed Potatoes With Gravy - Green Beans - Dessert	15 - Oven Fried Chicken - Scalloped Potatoes - Peas - Dessert	16 - Smothered Beef Patties - Mashed Potatoes - Carrots - Dessert	17
18	19 - Riblets - Tater tots - Corn - Dessert	20 - Italian Chicken - Au Gratin Potatoes - Carrots - Dessert	21 - Hot Beef Sandwich - Mashed Potatoes - Green Beans - Dessert	22 - Spaghetti & Meatballs - Italian Veg - Dessert	23 	24
25	26 	27 - Picante Chicken - Rice - Cauliflower - Dessert	28 - Beef & Noodles - Broccoli & Cheese - Dessert	29 - Sloppy Joe Bake - Sweet Potatoes - Dessert	30 - Cheeseburgers - Fries - Baked Beans	31