

SENIOR MEALS MENU – DECEMBER 2025

Please choose 6 meals for each week and **return to your delivery person by 11/24/2025.**

NAME: _____ Dec 1, 2025

- ☐ Ham & Cheese Omelet
- ☐ Roasted Red Pepper Soup with Grilled Cheese
- ☐ Fish Taco with Coleslaw
- ☐ Southwest Chicken Bowl
- ☐ Meatloaf, Mashed Potatoes & Gravy with Mixed Vegetables
- ☐ Parmesan Broccoli Pasta
- ☐ Sausage & Tater Tot Casserole
- ☐ Chicken Noodle Soup
- ☐ Chef Salad - Iceberg, romaine, ham, boiled egg, tomato, cucumber, croutons, cheddar cheese

NAME: _____ Dec 8, 2025

- ☐ Scrambled Eggs, Sausage & Biscuit
- ☐ Vegetable Soup
- ☐ Stuffed Peppers
- ☐ Baked Chicken, Mashed Potatoes & Gravy with California Blend
- ☐ Taco Bowl
- ☐ Chicken & Dumplings with Corn
- ☐ Hot Ham & Cheese Sandwich with Macaroni & Cheese
- ☐ Italian White Bean Soup
- ☐ Turkey Club Wrap with Broccoli Salad

NAME: _____ Dec 15, 2025

- ☐ Pancakes with Bacon
- ☐ Chicken Gnocchi Soup
- ☐ Three Meat Pizza
- ☐ Homestyle Chicken Bowl
- ☐ Corned Beef Hash
- ☐ Beef & Noodles, Mashed Potatoes & Green Beans
- ☐ Apple Roast Pork, Red Potatoes & Peas
- ☐ Loaded Potato Soup
- ☐ Buffalo Chicken Wrap with Macaroni Salad

NAME: _____ Dec 22, 2025

- ☐ Ham, Egg & Cheese Sandwich with Yogurt
- ☐ White Chicken Chili
- ☐ Parmesan Crusted Tilapia with Wild Rice Pilaf
- ☐ Honey Lemon Chicken, Red Potatoes & Broccoli
- ☐ Beef Fajita Bowl
- ☐ Cheeseburger Casserole
- ☐ Egg Roll Bowl
- ☐ Broccoli Cheddar Soup
- ☐ Spinach Salad – Spinach, apple, red onion, cranberries, walnuts, feta cheese

If you have any questions or need to call/text in your order,
please contact us at 219-204-1189

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NAME: _____ Dec 29, 2025

- ☐ Carrot Muffin with Yogurt
- ☐ Ham & Bean Soup with Cornbread
- ☐ Lemon & Herb White Fish with Spinach Parmesan Orzo
- ☐ Garlic Mushroom Chicken with Pasta & Green Beans
- ☐ Beef Burrito with Corn
- ☐ Spaghetti & Meatballs with California Blend
- ☐ Pork Fried Rice
- ☐ Lasagna Soup
- ☐ Southwest Chicken Salad

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