

DECEMBER 2025

Diet Menu

ALL MENUS ARE SUBJECT
TO CHANGE

Monday 12/1/2025	Tuesday 12/2/2025	Wednesday 12/3/2025	Thursday 12/4/2025	Friday 12/5/2025
H Chicken Breast with Cordon Bleu Sauce H Diced Potatoes H Broccoli C WG Dinner Roll/Marg C Fresh Apple 1% Milk	H Meatloaf in Tomato Gravy H Diced Potatoes H Brussels Sprouts C WG Breadstick/Marg C M&M Cookie (low sodium) C Diet Cookie (diabetics) 1% Milk	Nat. Green Bean Cass. Day H Pork Chop in Pork Gravy H Garlic Whipped Potatoes H Green Bean Casserole C WG Bread Slice/Marg C Peach Yogurt PC 1% Milk	H Sweet & Sour Chicken Breast H Peas & Carrots H Brown Rice Pilaf C Cinn. Raisin Bread/Marg C Fruit Mix 1% Milk	H Italian Goulash with WG Elbow Noodles H Corn H Pineapple Tidbits C Italian Roll/Marg C Mixed Greens Salad C Dressing PC 1% Milk
Monday 12/8/2025	Tuesday 12/9/2025	Wednesday 12/10/2025	Thursday 12/11/2025	Friday 12/12/2025
H Chicken Breast with Country Gravy H Diced Sweet Potatoes H Zucchini & Tomatoes C WG Dinner Roll/Marg C Fresh Apple 1% Milk	H Beef Patty in Brown Gravy H Potatoes O'Brien H Cinnamon Applesauce C WG Breadstick/Marg 1% Milk	H Baked Ham H 1/2 Baked Potato H Cheesy Broccoli C WG Dinner Roll/Marg C Plain Cake Square C Sour Cream PC 1% Milk	H Chicken Breast in Mushroom Gravy H Garlic Whipped Potatoes H Country Blend Veggies C Vienna Bread Slice/Marg C Apricot Halves 1% Milk	National Ambrosia Day H BBQ Chicken Breast H Winter Blend Veggies H Diced Carrots C WG Hamburger Bun C Ambrosia Salad (low sodium) C Diced Pears (diabetics) 1% Milk
Monday 12/15/2025	Tuesday 12/16/2025	Wednesday 12/17/2025	Thursday 12/18/2025	Friday 12/19/2025
H Meatballs in Brown Gravy H Carrot Coins H Cauliflower C Italian Roll/Marg C Applesauce 1% Milk	H Potato Crunch Fish Filet H Broccoli H Corn C WG Bread Slice/Marg C Oatmeal Cream Pie (low sodium) C Diet Cookie (diabetics) C Tartar Sauce PC 1% Milk	H Sliced Roast Beef & Brown Gravy H Whipped Potatoes H Honey Glazed Carrot Medley C Vienna Bread Slice/Marg C Diet Cookie 1% Milk	H Hamburger Patty H Diced Potatoes H Peas C Leaf Lettuce/Slice Tomato C WG Hamburger Bun C Diced Pears 1% Milk	H BBQ Pork Rib Patty H Green Beans H Chuckwagon Corn C WG Mini Hoagie Bun C Strawberries & Peaches (low sodium) C Sliced Peaches (diabetics) 1% Milk
Monday 12/22/2025	Tuesday 12/23/2025	Wednesday 12/24/2025	Thursday 12/25/2025	Friday 12/26/2025
H Swedish Meatballs H Diced Sweet Potatoes H Peas & Carrots C WG Dinner Roll/Marg C Fresh Blood Orange 1% Milk	H Beef Patty in Marinara H Peppers & Onions H Winter Blend Veggies C WG Hamburger Bun C Nutty Buddy Stick 1% Milk	Christmas Eve MOW CLOSED Frozen meals delivered 12/15 by reservation	Christmas Day MOW CLOSED Frozen meals delivered 12/16 by reservation	Christmas Day Observance MOW CLOSED Frozen meals delivered 12/17 by reservation
Monday 12/29/2025	Tuesday 12/30/2025	Wednesday 12/31/2025	**Please call our office at 402-444-6766 by 9am to cancel your meal for the day!	
H Chicken Marsala H Cheesy Mash Potatoes H Peas C WG Dinner Roll/Marg C Apricot Halves 1% Milk	H Chicken Pot Pie H Potato Medley H California Blend Veggies C WG Breadstick/Marg C Sliced Peaches 1% Milk	H Meatballs in Gravy H Mashed Potatoes H Roasted Baby Carrots C WG Dinner Roll/Marg C Cheesecake Pudding (low sodium) C Cheesecake Pudding (diabetics) 1% Milk		