

2025 Tabitha Meals on Wheels Menu

WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Salisbury Steak Herbed Mashed Potatoes Vegetable Medley Applesauce Peanut Butter Snack Bar <i>Vegt. Beef Patty</i> Wheat Roll	BBQ Riblette Rice Pilaf Seasoned Peas Diced Pears Lemon Cookie <i>Vegt. Chicken Breast</i> Wheat Bread	Swedish Meatballs Parslied Noodles Buttered Corn Fresh Orange Chocolate Pudding <i>Sweet and Sour Vegt. Meatballs</i> Wheat Roll	Country Steak w/Gravy Garlic Mash Potatoes Green Beans Fruit Cocktail Rice Crispy Bar <i>Vegt. Pepper Steak</i> Wheat Roll	Baked Fish Herbed Potatoes Savory Carrots Oranges and Pineapple CranApple Crisp <i>Vegt. Fish Filets</i> Wheat Bread

WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beef Stroganoff Seasoned Egg Noodles Bean Mix Diced Peaches Brownie <i>Vegt. Beef Stroganoff</i> Wheat Roll	Hot Dog Hashbrown Patty Seasoned Green Peas Cinnamon Pears Oatmeal Cream Pie <i>Vegt. Hot Dog</i> Hot Dog Bun	Turkey with Gravy Savory Stuffing Seasoned Broccoli Pineapple Tidbits Pumpkin Pudding <i>Vegt. Cranberry Chicken</i> Wheat Roll	BBQ Chicken Herbed Mashed Potatoes Brussel Sprouts Apricots Chocolate Chip Cookie <i>Vegt. Chicken Nuggets</i> Biscuit	Lemon Fish Parslied Potatoes Cauliflower and Peas Fresh Banana Carrot Cake <i>Vegt. Fish Filets</i> Wheat Roll

WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pot Roast Mashed Potatoes Peas and Carrots Diced Peaches Fudge Round <i>Vegt. Burger Loaf</i> Wheat Roll	Smothered Chicken Fluffy Rice California Blend Oranges and Pineapple Carnival Cookie <i>Vegt. Mushroom Chicken</i> Wheat Bread	Hungarian Goulash Parslied Noodles Seasoned Beets Tropical Fruit Oatmeal Cream Pie <i>Vegt. Meatballs in Cream Sauce</i> Garlic Bread	Baked Ham Sweet Potato Mash Herbed Green Beans Fresh Apple Chocolate Caramel Cake <i>Vegt. Grilled Chicken</i> Croissant	Grain Crusted Fish Couscous Chuckwagon Corn Strawberry Pears Brownie <i>Vegt. Fish Filets</i> Wheat Roll

WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken and Dumpling Mashed Potatoes Seasoned Peas Fresh Orange Tapioca Pudding <i>Vegt. Tarragon Chicken</i> Biscuit	Hamburger Mac and Cheese Seasoned Mixed Vegetables Diced Pears Gelatin Cup <i>Garden Burger</i> Hamburger Bun	Breaded Chicken Cheese Grits Dilled Carrots Coleslaw Oatmeal Raisin Cookie <i>Vegt. Breaded Chicken</i> Wheat Bread	Chili - Seasoned Green Beans Tossed Salad w/Ranch Honey Bun <i>Vegt. Chili</i> Cornbread	Sausage Gravy Sausage Patty Scalloped Apples 3-Bean Salad Granola Bar <i>Vegt. Sausage/Cream Gravy</i> Biscuit