

## Meals on Wheels November 2019 Menu – Contact Debbie at 651-653-3123

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
<b>Call 651-3123 to Order ALT Meal or Weekend Meals.</b>	<b>CLOSED for Thanksgiving NO Meal delivery Nov 28 &amp; 29</b>	<b>ALL Meals are served with your Choice of 1% Milk OR a variety of Juices</b>		1	2	3
				Cuban Beef, peppers & Onions, Black beans & Rice, Veggies Plums & Bread pudding	<b>Beef Pot Roast Delivered Thurs 10/31</b>	<b>Pineapple Chicken Delivered Thurs 10/31</b>
4	NEW 5 NEW	New Recipe 6	NEW 7 NEW	NEW 8 NEW	9	10
<b>Salisbury Steak</b> Egg Noodles & Gravy Diced Carrots, Applesauce Oatmeal Raisin cookie	<b>BBQ Chicken drumsticks</b> Roasted Potatoes Cauliflower & Peppers Dinner Roll Fruited Jell-O	<b>Turkey Meatloaf</b> Mashed Potatoes w/gravy, Green Beans Dinner Roll & Butter Diced Pineapple Choc. Chip Muffin	<b>Baked Penne Pasta</b> Italian pork sausage in tomato sauce, Braised greens, Vegetable blend, Mandarin Oranges ALT: Penne Turkey	<b>Enchilada Bake w/chicken</b> Corn & Peppers California veggies Mixed Fruit Minnesota Cookie	<b>Chili Mac Hotdish Delivered Thurs 11/7</b>	<b>Baked Ham Delivered Thurs 11/7</b>
11	12	13	14	15	16	17
<b>Beef Pot Roast</b> Peas & Carrots Mashed Potatoes & Gravy Dinner Roll Molasses Cookie	<b>Greek Chicken Pasta</b> w/sundried tomato, artichoke, black olives & Feta cheese Snap Peas Apple Crumble	<b>Latin Pork, Red beans &amp; rice, Sweet corn, Chimichurri sauce, Apple Slices, Choc. Chip cookie</b> ALT: Latin Chicken	<b>Rosemary Chicken</b> Roasted Potatoes Diced Carrots Warm Peaches Dinner Roll	<b>Breakfast Hash</b> Cheesy Egg scramble on breakfast potatoes, Turkey Sausage Warm cinnamon pears English muffin & butter	<b>Sloppy Joe Delivered Thurs 11/14</b>	<b>Orange Chicken Delivered Thurs 11/14</b>
18	19	20	21	22	23	24
<b>Hot Turkey Sandwich</b> Open faced on wheat bread w/gravy Mashed Potatoes Vegetable Blend Peanut Butter Cookie	<b>BBQ Pork Loin</b> w/Biscuit & Honey Sweet Corn Diced Peaches ALT: BBQ Chicken	<b>Chili Mac Casserole</b> Ground beef & tomato Green beans Baked Apples Blueberry muffin	<b>Beef Lasagna</b> Broccoli & Cauliflower Dinner Roll Mixed Fruit cup	<b>Tuna Melt on toast</b> Open faced w/Cheddar Cheese Peas & Carrots Sugar Cookie ALT: Chicken Melt	<b>Salisbury Steak Delivered Thurs 11/21</b>	<b>Turkey Tetrazzini Delivered Thurs 11/21</b>
25	26	27	CLOSED 28	CLOSED 29	Nov 30	Dec 1
<b>Moussaka</b> Eggplant & ground beef in tomato sauce Vegetable Medley Dinner Roll Cranberry Date Muffin	<b>SW Turkey Bowl</b> Seasoned ground turkey on Spanish rice Corn & Bean Salsa Mixed Fruit Cup Coffee Cake	<b>Baked Fish w/dill sauce, Over egg noodles, Assorted veggies &amp; Carrots</b> Snickerdoodle cookie ALT: Baked Chicken	<b>Delivered 11/27</b> <b>Roast Turkey Dinner w/gravy, Stuffing, Green Beans, Cranberry Orange Sauce, Pumpkin Bar</b>	<b>Delivered 11/27</b> <b>Baked Chicken</b> Baked Potato, Brussel Sprouts, Diced Peaches, Dinner Roll	<b>Beef Pot Roast Delivered Tues 11/26</b>	<b>Pineapple Chicken Delivered Tues 11/26</b>

### November CHOICE MEALS Call 651-653-3123

1. Salisbury Steak    2. Rosemary Chicken    3. Tuna Casserole    4. Breakfast Hash