

Meals on Wheels November 2020 Menu – Contact Debbie at 651-653-3123

MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6	SAT 7	SUN 8
Turkey Tetrazzini Mixed Veggies over egg noodles in a cream sauce, Broccoli, Baked apples, Spice Cookie	Chicken Stir Fry Mushrooms, cabbage, carrots over brown rice Asian vegetable Choc. Sea salt cookie	Beef Tips in Gravy Egg noodles Peas & carrots Apple cinnamon coffee cake	Chicken Fajita Sliced Chicken breast, peppers & onions, Spanish rice, Tortilla, Baked Pears	Beef Sloppy Joe Mashed potatoes Diced carrots Fresh fruit Whole wheat bun	Salisbury Steak Delivered Thurs 11/5	Roast Turkey Delivered Thurs 11/5
9	10	Veterans Day 11	12	13	14	15
Beef Pot Roast Beef & Gravy w/mashed potatoes Peas & Carrots Dinner Roll Molasses Cookie	Rosemary Chicken breast Roasted potatoes, Sweet peas, Warm diced peaches, Dinner roll & butter	Cheesy Ham casserole , Ham & Broccoli in cheese sauce over noodles, Veggies, M&M Cookie ALT: Chicken casserole	Baked Pork Pasta , Veggie blend Seasoned spinach Mandarin oranges Sugar Cookie ALT: Vegetarian pasta	BBQ Chicken Leg (Drummies) Roasted sweet potatoes, Collard greens, Dinner roll Fruit cocktail	Beef Sloppy Joe Delivered Thurs 11/12	Orange Chicken Delivered Thurs 11/12
16	17	18	19	20	21	22
Chili Mac Casserole Ground beef & noodles in tomato sauce, Green beans, baked apples Double Choc. Chip Muffin	Salisbury steak beef patty, mushroom gravy w/egg noodles Diced carrots, Oatmeal cookie & Applesauce	Lemon Chicken , Mediterranean veggies Roasted potatoes, Diced Carrots Dinner Roll Mandarin Oranges	Breakfast Hash Cheesy scrambled eggs roasted potatoes Turkey sausage, Warm diced pears English muffin	Herb Roasted Pork w/gravy, mashed sweet potatoes, sliced zucchini Dinner roll & Cookie ALT: Roasted Chicken	Beef Pot Roast Delivered Thurs 11/19	BBQ Chicken Delivered Thurs 11/19
23	24	25	CLOSED 26	CLOSED 27	28	29
Chicken Enchilada Bake Chicken, tortilla, veggies w/cheese & sauce, Corn & peppers Veggie blend & cookie	Parmesan Crusted Fish , Brown Rice, California Veggies, Baby Carrots, cookie ALT: Parm. Chicken	Beef Lasagna Broccoli & baby carrots Dinner Roll w/butter Fresh fruit cup	Roast Turkey Dinner DELIVERED Wed Nov. 25	Beef Pot Roast DELIVERED Wednesday Nov. 25	Chili Mac Casserole Delivered Tues 11/24	Rosemary Chicken Delivered Tues 11/24
30	November CHOICE MEALS Call 651-653-3123 1. Beef Pot Roast 2. Roast Turkey Dinner 3. Parmesan Fish 4. Breakfast Hash				Dec 5	Dec 6
SW Turkey Bowl Spanish Rice Corn & Bean Salsa Vegetable Blend Fruit Cocktail					Chicken Enchilada Bake Delivered Thurs 12/3	Turkey Tetrazzini Delivered Thurs 12/3

ALL Meals are served with your Choice of 1% Milk OR a variety of Juices

Call 651-653-3123 to Order
ALT Meal in yellow OR Weekend Meals