



## Meals on Wheels NOVEMBER 2021 Menu – Contact Doug at 651-653-3123

MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4 COLD	FRIDAY 5	SAT 6	SUN 7
<b>Beef Sloppy Joe</b> mashed potatoes diced carrots peaches whole wheat bun	<b>Honey Garlic Chicken</b> roasted potatoes, corn pineapple dinner roll & butter	<b>Ground Beef &amp; Noodle Casserole</b> egg noodles broccoli & baby carrots, diced pears	<b>Chicken Salad Sandwich</b> chicken, onion, celery, bread w/lettuce & tomato, Mandarin oranges, blueberry muffin	<b>Beef Pot Roast</b> beef & gravy w/mashed potatoes, peas & carrots dinner roll molasses cookie	<b>Herb Roasted Pork</b> Delivered Thurs 11/4	<b>Spaghetti w/ Meat Sauce</b> Delivered Thurs 11/4
8	9	10	11	12	13	14
<b>Chicken and Dumplings</b> with carrots and potatoes, Brussel sprouts, fruit cocktail	<b>Hot Ham &amp; Cheese</b> ham, Swiss, cream sauce, bread, veggie blend, zucchini muffin <b>ALT: Chicken &amp; Cheese</b>	<b>Rosemary Chicken</b> breast w/ roasted potatoes, sliced beets warm peaches dinner roll & butter	<b>Garlic Salmon</b> wild rice pilaf, peppers & onions fruit cup, lemon bar <b>ALT: Garlic Chicken</b>	<b>Beef Chili</b> , ground beef & beans in tomato sauce, sliced carrots, applesauce, corn muffin	<b>Honey Garlic Chicken</b> Delivered Thurs 11/11	<b>Salisbury Steak</b>  Delivered Thurs 11/11
15	16	17	18	19	20	21
<b>Greek Chicken Pasta</b> w/ artichoke hearts, & sundried tomato, green beans, cinnamon coffee cake muffin	<b>Spaghetti w/ Meat Sauce</b> steamed broccoli, warm pears, lemon white chocolate chip cookie	<b>Baked Mahi Mahi</b> fish pieces in creamy spinach sauce over egg noodles, veggies, chocolate pudding <b>ALT: Baked Chicken</b>	<b>Beef Meatloaf</b> mashed potatoes California vegetables dinner roll fruit cocktail	<b>Breakfast Hash</b> cheesy egg scramble over roasted potatoes, turkey sausage warm diced pears English muffin	<b>Baked Ham</b>  Delivered Thurs 11/18	<b>Beef Pot Roast</b>  Delivered 11/18
22	23	24	<b>CLOSED 25</b>	<b>CLOSED 26</b>	27	28
<b>Tuna Croquettes</b> with egg noodles, veggie medley, oatmeal butterscotch cookie <b>ALT: Chicken Croquettes</b>	<b>Beef Lasagna</b> broccoli baked apples spiced cookie	<b>Sweet &amp; Sour Chicken</b> w/ pineapple & peppers, Asian vegetable blend, brown rice, chocolate sea salt cookie	<b>Roast Turkey (Breast)</b> w/gravy, stuffing, green beans, brownie <b>DELIVERED WED NOV 24</b>	<b>Parmesan Crusted Chicken</b> brown rice, California veggies, cookie <b>DELIVERED WED NOV 24</b>	<b>Italian Sausage Egg Bake</b> Delivered Tues 11/23	<b>Sloppy Joe</b>  Delivered Tues 11/23
29	30	<div style="display: flex; justify-content: space-between; align-items: center;">  <div style="text-align: center;"> <p><b>Call 651-653-3123 to Order</b> <b>ALT Meal in yellow OR Weekend Meals.</b> <b>ALL Meals are served with Choice of</b> <b>1% Milk OR Juice variety</b></p> </div>  </div>				31
<b>Turkey Tetrizzini</b> turkey & egg noodles in a cream sauce, broccoli, baked apples spice cookie	<b>BBQ Beef Sandwich</b> peas and carrots, watermelon multigrain bun					

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

1. Roast Turkey Dinner   2. Salisbury Steak   3. Lentil Soup   4. Baked Mahi Mahi