


Meals on Wheels – November Menu 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
	1	2	3	4	5	6
	Pot Roast & Gravy mashed potatoes, vegetable medley blend, dinner roll & butter	Garlic Salmon Bowl brown & wild rice pilaf, edamame, fresh fruit cup, cookie ALT: Garlic Chicken	Beef Stroganoff whole wheat egg noodles, peas, pears	Baked Ham with Mustard Apple Glaze potatoes, broccoli, muffin ALT: Baked Chicken	Meatloaf Delivered 11/3	Chicken Penne Parma Rosa Delivered 11/3
7	8	9	10	11	12	13
Honey Garlic Chicken herbed quinoa, corn, pineapple, cookie	Ginger & Honey Glazed Pork brown rice, broccoli, pineapple ALT: Ginger & Honey Glazed Chicken	Beef Stew polenta, pea, fruit cocktail	Rosemary Chicken roasted potatoes, beets, warm cinnamon pears, dinner roll & butter	Spaghetti w/ Meat Sauce broccoli, warm cinnamon peaches, cookie	Beef Taco Delivered 11/10	Beef Sloppy Joe Delivered 11/10
14	15	16	17	18	19	20
Pork Stir Fry brown rice, peas, sliced apples, cookie ALT: Chicken Stir Fry	Mediterranean Chicken w/ Tzatziki Sauce quinoa, green beans, warm cinnamon apples, dessert	Tuna Casserole whole wheat egg noodles, green beans, warm cinnamon peaches, cookie ALT: Chicken Casserole	Beef Chili roasted potatoes, Brussel sprouts, applesauce	Chicken w/ Gravy couscous, vegetable medley blend, warm cinnamon peaches, cookie	Lasagna Delivered 11/17	Chicken Mushroom & Swiss Delivered 11/17
21	22	23	24 CLOSED!	25 CLOSED!	26	27
BBQ Chicken Bowl Brown rice, roasted sweet potatoes, vegetarian baked beans, pineapple	Beef Meatloaf mashed potatoes, carrots, fruit cocktail, dinner roll & butter	Parmesan Crusted Fish brown & wild rice pilaf, California Vegetable blend, cookie ALT: Parmesan Chicken	Roast Turkey w/ Gravy stuffing, green beans, dessert DELIVERED WED NOV 23	Beef Lasagna broccoli, cookie DELIVERED WED NOV 23	Honey Garlic Chicken Delivered 11/23	Beef Pot Roast Delivered 11/23
28	29	30	<p>Call 651-653-3123 or email to order ALT Meal in yellow OR Weekend Meals. ALL Meals are served with choice of 1% Milk OR Juice variety</p>			
Garlic Parmesan Pork herbed quinoa, mashed sweet potatoes, green beans, pears ALT: Garlic Chicken	Chicken Penne Parma Rosa Pasta peas, fruit cocktail, cookie	Sweet & Sour Chicken fried rice, green beans, fresh fruit cup, dessert				

Contact Doug: 651-653-3123 or MealsOnWheels@isd624.org NOVEMBER CHOICE MEALS:

1. Rosemary Chicken 2. Beef Pot Roast w/ Gravy 3. Vegetarian Lasagna 4. Fish Taco Bowl