



MOUNDS VIEW MEALS ON WHEELS

NOVEMBER 2024 MENU

651-621-7950



RAMSEY COUNTY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>REMINDER: YOU MUST CALL AT LEAST 2 BUSINESS DAYS PRIOR TO CANCELING A MEAL DELIVERY OR YOU WILL BE CHARGED FOR THE MEAL.</p>	<p>Beverage choice of 1% Milk or Juice is served with every meal.</p>			<p>1 <u>BBQ CHICKEN</u> Brown Rice Chuckwagon Vegetable Blend Fruit Cup Dessert</p>
<p>4 <u>GINGER HONEY GLAZED PORK</u> Brown Rice Broccoli Fruit Cup Dessert Alt: Ginger Honey Glazed Chicken</p>	<p>5 <u>CHICKEN WILD RICE SOUP</u> Green Beans Fruit Cup Dessert</p>	<p>6 <u>TUNA CASSEROLE</u> Whole Wheat Egg Noodles Capri Vegetable Blend Dessert Alt: Chicken Casserole</p>	<p>7 <u>HARVEST SALAD *COLD*</u> Fruit Cup Dessert</p>	<p>8 <u>MEATLOAF</u> Mashed Potatoes and Gravy Peas Fruit Cup</p>
<p>11 <u>BEEF SLOPPY JOE</u> Hamburger Bun Roasted Potato Hash Broccoli Fruit Cup</p>	<p>12 <u>SOUTHWEST TURKEY TACO BOWL</u> Black Beans & Rice Italian Vegetable Blend Fruit Cup Dessert</p>	<p>13 <u>CHICKEN DUMPLING STEW</u> Green Beans Fruit Cup Dessert</p>	<p>14 <u>BAKED FISH WITH HERB SAUCE</u> Barley Risotto Brussel Sprouts Fruit Cup Dessert Alt: Baked Chicken w/ Herb Sauce</p>	<p>15 <u>BEEF LASAGNA</u> Mixed Vegetable Blend Fruit Cup</p>
<p>18 <u>GARLIC SALMON BOWL</u> Brown Rice Edamame Fruit Cup Dessert Alt: Garlic Chicken Bowl</p>	<p>19 <u>MACARONI & CHEESE</u> California Vegetable Medley Dessert</p>	<p>20 <u>SPAGHETTI W/ MEAT SAUCE</u> 5-Way Vegetable Medley Fruit Cup Dessert</p>	<p>21 <u>BEET & ARUGULA SALAD W/ CHICKEN</u> Fruit Cup</p>	<p>22 <u>BAKED HAM W/ MUSTARD APPLE GLAZE</u> Mashed Potatoes Green Beans Dinner Roll & Butter Fruit Cup Alt: Baked Chicken w/ Mustard Apple Glaze</p>
<p>25 <u>LENTIL TACO BOWL</u> Spanish Rice Mixed Vegetable Blend Fruit Cup</p>	<p>26 <u>SALISBURY STEAK</u> Whole Wheat Egg Noodles Mushroom Gravy Peas & Carrots Fruit Cup</p>	<p>27 <u>COCONUT CURRY FISH</u> White Rice Peas Dessert Alt: Coconut Curry Chicken</p>	<p>28 <u>CLOSED</u> <u>THANKSGIVING DAY</u> <u>NO MEAL DELIVERY TODAY</u></p>	<p>29 <u>CLOSED</u> <u>FROZEN WEEKLY & WEEKEND MEALS WILL BE DELIVERED WEDNESDAY</u></p>

We do our best to reflect the menu; however, meal substitutions may be necessary based on availability. To contact Meals on Wheels call 651-621-7950.