



MOUNDS VIEW MEALS ON WHEELS

NOVEMBER 2026

MENU

651-621-7950



RAMSEY COUNTY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Pot Roast Herb Roasted Potatoes Green Peas Dinner Roll, Butter	3 Tater Tot Breakfast Bowl (GFDF, VEG) Scrambled Eggs, Sauteed Vegetables, Everything Bagel Seasoning Fruit Cup, Dessert	4 Italian Ground Turkey (GFDF) Polenta Italian Vegetable Blend Dessert	5 *COLD* Asian Chopped Chicken Salad (DF) Rice, Edamame, Carrots, Red Bell Pepper, Crispy Chow Mein Noodles Fruit Cup	6 Tuna Noodle Casserole Whole Wheat Egg Noodles Zucchini, Carrots, and Green Beans Dessert <i>Alt: Chicken Noodle Casserole</i>
9 *COLD* Mediterranean Veggie Pasta Salad (VEG) Whole Wheat Pasta, Italian Dressing, Chickpeas, Feta, Zucchini, Onion, Bell Pepper Banana, Dessert	10 Fish with Romesco (DF) Whole Wheat Pasta Peas Dessert <i>Alt: Chicken with Romesco (DF)</i>	11 Beef Lasagna Carrots, Corn, Green Beans, and Peas Fruit Cup	12 *COLD* Curried Chicken Salad (DF) 3 Bean Salad Spring Mix Whole Wheat Pita Fruit Cup	13 Baked Ham with Stuffing Whole Wheat Stuffing Apple Mustard Glaze Broccoli Dessert <i>Alt: Baked Chicken w/ Stuffing (DF)</i>
16 Cheesy Chicken and Rice 4 Way Vegetable Blend Fruit Cup	17 Pasta with Meat Sauce Whole Wheat Pasta 5 Way Vegetable Blend Fruit Cup	18 Mac and Cheese (VEG) Whole Wheat Elbows Broccoli Dessert	19 *COLD* SW Salad with Shrimp (GFDF) Brown Rice, Corn, Cilantro Citrus Dressing Apple Slices, Dessert <i>Alt: SW Salad w/ Chicken (GFDF)</i>	20 BBQ Pork Loin (GFDF) Baked Beans Quinoa with Mixed Vegetables Fruit Cup, Dessert <i>Alt: BBQ Chicken Breast (GFDF)</i>
23 Garlic Parmesan Pork Wild Rice Pilaf 3 Way Vegetable Blend Fruit Cup <i>Alt: Garlic Parmesan Chicken</i>	24 Fish Taco Bowl (GFDF) Cuban Beans and Rice Pineapple Mango Salsa Corn Dessert <i>Alt: Chicken Taco Bowl (GFDF)</i>	25 Teriyaki Chicken (GFDF) Brown Rice Sauteed Green Beans Apple Slices, Dessert	26 CLOSED THANKSGIVING DAY NO MEAL DELIVERY TODAY	27 CLOSED FROZEN WEEKLY & WEEKEND MEALS WILL BE DELIVERED WEDNESDAY
30 Meatloaf (GFDF) Mashed Potatoes and Gravy 5 Way Vegetable Blend Fruit Cup			REMEMBER TO CALL US AT 651-621-7950 AT LEAST 2 BUSINESS DAYS IN ADVANCE TO CANCEL YOUR MEAL DELIVERY OR YOU WILL BE CHARGED FOR THE MEAL	BEVERAGE CHOICE OF 1% MILK OR FRUIT JUICE IS SERVED WITH EVERY MEAL

We do our best to reflect the menu; however, meal substitutions may be necessary based on availability.

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