



MEALS ON WHEELS

November 2020 Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p><u>TURKEY TETRAZZINI</u> turkey, mixed veggies, and egg noodles in a cream sauce steamed broccoli baked apples spice cookie</p>	<p>3</p> <p><u>CHICKEN STIR FRY</u> chicken, mushrooms, cabbage, carrots, etc. served over brown rice Asian vegetable blend chocolate sea salt cookie</p>	<p>4</p> <p><u>BEEF TIPS IN GRAVY</u> over egg noodles peas and carrots apple and cinnamon coffee cake</p>	<p>5</p> <p><u>CHICKEN FAJITA</u> sliced chicken breast peppers & onions Spanish rice wheat flour tortilla salsa packet baked pears</p>	<p>6</p> <p><u>BEEF SLOPPY JOE</u> served on whole wheat bun mashed potatoes diced carrots fresh fruit</p>
<p>9</p> <p><u>BEEF POT ROAST</u> beef and gravy with mashed potatoes peas & carrots dinner roll & butter molasses cookie</p>	<p>10</p> <p><u>ROSEMARY CHICKEN</u> seasoned chicken breast roasted potatoes sweet peas warm diced peaches dinner roll & butter</p>	<p>Veterans Day 11</p> <p><u>CHEESY HAM & BROCCOLI CASSEROLE</u> shredded ham and broccoli in creamy cheese sauce over noodles Scandinavian vegetables M&M cookie <i>alt: chicken & broc. cass.</i></p>	<p>12</p> <p><u>BAKED ROTINI PASTA</u> with Italian sausage and tomato sauce Italian veg blend & seasoned spinach Mandarin oranges sugar cookie <i>alt: vegetarian pasta</i></p>	<p>13</p> <p><u>BBQ CHICKEN DRUMSTICK</u> chicken leg with sauce roasted sweet potatoes collard greens dinner roll & butter fruit cocktail</p>
<p>16</p> <p><u>CHILI MAC CASSEROLE</u> ground beef and wheat noodles in tomato sauce green beans baked apples double chocolate chip muffin</p>	<p>17</p> <p><u>SALISBURY STEAK</u> ground beef patty with mushroom gravy over egg noodles diced carrots applesauce oatmeal butterscotch cookie</p>	<p>18</p> <p><u>GREEK LEMON CHICKEN</u> sautéed Mediterranean veg. with chicken breast and Greek yogurt sauce roasted potatoes diced carrots dinner roll & butter mandarin oranges</p>	<p>19</p> <p><u>BREAKFAST HASH</u> cheesy egg scramble over roasted potatoes turkey sausage links warm diced pears English muffin & butter</p>	<p>20</p> <p><u>HERB ROASTED PORK LOIN</u> with gravy, mashed sweet potatoes sliced zucchini dinner roll & butter oatmeal ch. chip cookie <i>alt: herb roasted chicken</i></p>
<p>23</p> <p><u>CHICKEN ENCHILADA BAKE</u> chicken, tortilla, veggies w/ cheese & sauce corn and peppers California veg blend chocolate chip cookie</p>	<p>24</p> <p><u>PARMESAN CRUSTED FISH</u> over brown rice pilaf California vegetables baby carrots snickerdoodle cookie <i>alt: parm crusted chicken</i></p>	<p>25</p> <p><u>BEEF LASAGNA</u> steamed broccoli baby carrots dinner roll & butter fresh fruit cup</p>	<p>Thanksgiving Day 26</p> <p><u>ROAST TURKEY DINNER</u> roast turkey breast with gravy green beans homemade stuffing diced pineapple blueberry muffin</p>	<p>27</p> <p><u>BEEF STEW</u> with onions, potatoes, peas, and carrots in beef gravy pineapple dinner roll & butter bread pudding</p>
<p>30</p> <p><u>SOUTHWEST TURKEY BOWL</u> seasoned ground turkey over Spanish rice corn and bean salsa vegetable blend fruit cocktail</p>				

To reach Meals on Wheels call 651-318-9091. Beverage choice of milk or juice is served with every meal.
Call to order weekend meals. Monthly choice meals are:

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| 1) Beef Pot Roast | 3) Chicken Enchilada Bake |
| 2) Roast Turkey Dinner | 4) Breakfast Hash |