



MEALS ON WHEELS

November 2021 Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <u>BEEF SLOPPY JOE</u> Mashed potatoes Diced carrots Peaches Wheat bun	2 <u>HONEY GARLIC CHICKEN</u> Roasted potatoes Corn Pineapple Roll w/butter	3 <u>GROUND BEEF & NOODLE CASSEROLE</u> Egg noodles Broccoli and carrots Pears	4 <u>CHICKEN SALAD SANDWICH</u> Wheat bread with lettuce and tomato Marinated cucumber salad Mandarin oranges Blueberry muffin	5 <u>BEEF POT ROAST</u> beef and gravy with mashed potatoes peas & carrots dinner roll & butter cookie
8 <u>New! CHICKEN AND DUMPLINGS</u> With carrots and potatoes Brussels Sprouts Fruit Cocktail	9 <u>HOT HAM AND CHEESE MELT</u> Ham, Swiss cheese, cream sauce, wheat bread Scandinavian Veg. blend Zucchini muffin Alt: Hot chicken & cheese melt	10 <u>ROSEMARY CHICKEN</u> Seasoned chicken breast roasted potatoes sliced beets warm diced peaches dinner roll & butter	11 <u>GARLIC SALMON</u> Wild rice pilaf Peppers and onions Fresh fruit cup Lemon bar Alt: Garlic Chicken	12 <u>BEEF CHILI</u> Ground beef and beans in a hearty tomato sauce sliced carrots applesauce Corn muffin
15 <u>GREEK CHICKEN PASTA</u> with artichoke hearts, sundried tomato, green beans Cinnamon Coffee Cake Muffin	16 <u>SPAGHETTI WITH MEAT SAUCE</u> ground beef and tomato sauce with noodles steamed broccoli warm pears cookie	17 <u>BAKED MAHI MAHI</u> fish fillet pieces in a creamy spinach sauce over egg noodles Italian vegetables chocolate pudding Alt: Baked Chicken	18 <u>BEEF MEATLOAF</u> mashed potatoes California vegetables fruit cocktail dinner roll & butter	19 <u>BREAKFAST HASH</u> Cheesy scrambled eggs over potatoes with turkey sausage Warm diced pears English Muffin and butter
22 <u>NEW! TUNA CROQUETTES</u> With egg noodles Vegetable Medley Cookie Alt: Chicken croquettes	23 <u>BEEF LASAGNA</u> Broccoli Baked Apples Cookie	24 <u>SWEET & SOUR CHICKEN</u> with pineapple and peppers Asian vegetable blend brown rice cookie	25 <u>ROAST TURKEY DINNER</u> With gravy Green beans Stuffing Pumpkin Spice Bread	26 <u>PARMESAN CRUSTED FISH</u> over brown rice pilaf California vegetables cookie alt: Parm crusted chicken
29 <u>TURKEY TETRAZZINI</u> Turkey and egg noodles in a cream sauce steamed broccoli baked apples cookie	30 <u>BBQ BEEF SANDWICH</u> Multigrain hamburger bun Peas and carrots Watermelon			

To enroll in 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:

- | | |
|------------------------|--------------------|
| 1) Roast Turkey Dinner | 3) Lentil Soup |
| 2) Salisbury Steak | 4) Baked Mahi Mahi |