

LUNCH MENU • NOVEMBER 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Potato Crunch Pollock 13 Smashed Potato 19 Broccoli 6 Mandarin Oranges 12 Petit Pain Roll 25 Tartar Sauce	2 Herb Chicken 6 Herb Chicken Gravy 7 Apple Cranberry Stuffing 20 Mashed Potatoes 16 Brussels Sprouts 8 Pears 14	3 Goulash 27 Whole Green Beans 6 Peaches 14 Multi-Grain Bread 23 Chocolate Chip Cookie 18	4 Chicken Bowl 42 Tossed Salad 3 Fresh Pear 23 Wheat Roll 13	5 Pork Fritter/Alfredo Sauce 17 Red Potatoes 20 Roasted Broccoli Red Peppers 6 Apricots 17 Pumpernickel Bread 14
8 Italian Meatballs 4 Red Pasta Sauce 12 Rotini 21 Cauliflower & Carrots 6 Grapes 16 Wheat Roll 13	9 Pollock Fillet 19 Baked Potato 18 Broccoli w/ Cheese 4 Pumpkin Mousse 21 Sliced Apples 14	10 Meatloaf / Gravy 14 Mashed Potatoes 16 Wax Beans 10 Strawberries 24 Rye Bread 15	11 <u>VETERAN'S DAY</u> Chicken Alfredo 5 Penne 41 Broccoli 6 Sautéed Mushrooms 3 Red, White & Blue Cake 31 Bread Stick 14	12 Ham Steak 5 Parsley Potatoes 20 Red Cabbage 17 Pears 14 Clementine 9 Carnival Cookie 18
15 Cheesy Chicken 9 Roasted Sweet Potatoes 18 Broccoli 6 Pineapple Tidbits 13 Petit Pain Roll 25	16 Beef Stew 20 Bread Pudding 45 Cucumber Salad 6 Grapes 8 Wheat Crackers 11	17 <u>THANKSGIVING DINNER</u> Roast Turkey w/ Gravy 4 Mashed Potatoes 16 Creamy Chicken Dressing 11 Green Beans w/ Almonds 10 Caesar Salad 8 Molded Cranberry Salad 22 Pumpkin Pie 69	18 Veal Parmesan w/ Penne 41 Red Pasta Sauce 12 California Blend Veggies 6 Peaches 14 Bread Stick 14	19 Ham Scalloped Potatoes 14 Whole Green Beans 6 Apple 22 Wheat Roll 13 Pumpkin Mousse 21
22 Turkey Pot Roast 5 Mashed Potatoes 16 Roasted Butternut Squash 16 Canned Prunes 23 Wheat Roll 13	23 Chicken Fajita 9 Spanish Rice 16 Caramel Apple Crumble 30 Romaine & Leaf Tossed Salad 1 Tortilla 20	24 Grilled Stuffed Salmon 20 Garlic Mashed Potatoes 17 Broccoli 6 Banana 27 Cranberry Walnut Bread 15	25 CENTERS CLOSED 26 CENTERS CLOSED 	
29 Crispy Chicken 13 Mashed Potatoes 16 Gravy 3 Broccoli 6 Strawberries 24 Wheat Roll 13	30 Fish Tenders 19 Roasted Red Potatoes 24 Water Chestnut Spinach 11 Apricots 17 Petit Pain Roll 25	1 <u>DECEMBER</u> Chicken Pot Pie 39 Tossed Salad 3 Molded Cranberry Salad 34 Bread Stick 14	2 Pork Marsala 4 Rotini 21 Whole Green Beans 6 Orange 1 4 Craisin Rice Pudding 37	3 Spaghetti Noodles 19 Meat sauce for Spaghetti 10 Peas & Carrots 12 Grapes 8 Pumpernickel Bread 14 Snickerdoodle Cookie 18

Menus subject to change without notice. Meals on Wheels Hotline: Call 633-3789 for changes in delivery by 9 am. Reservations are required. Numbers after each menu item indicate the number of carbohydrates in grams for that item. Milk (13) is served with each meal.