

Meals on Wheels MENU • NOVEMBER 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 New Egg Salad 6 Hamburger Bun 25 Marinated Carrots 9 Apple 21	2 Chef Salad 11 Cukes 'n Vinegar 8 Fruit Cocktail 16 Pumpkin Muffin 37	3 Crispy Oven Chicken 13 Lettuce & Tomato 7 Peas & Peanut Salad 10 Banana 27 Hamburger Bun 25	4 Sub Sandwich 31 Lett, Tom & Onion 8 Three Bean Salad 15 Strawberries 24	5 Ground Turkey Salad 6 Baby Carrots 8 Sliced Apples 14 Molded Cranberry Salad 34 Petit Pain Roll 25
8 Ham / Turkey / Cheese 3 Cranberry Walnut Bread 29 Grape Tomatoes 6 Three Bean Salad 15 Canned Prunes 23	9 Boiled Egg 1 Pickled Beets 8 Baby Carrots 8 Ranch Dipping 5 Fruit Cocktail 16 Zucchini Muffin 32	10 Mexican Chicken Salad 17 Naan Bread 20 Marinated California Veggies 6 Banana 27	11 <u>VETERAN'S DAY</u> Turkey & Provolone 2 Lettuce & Tomato 7 Cranberry Walnut Bread 29 Cukes 'n Vinegar 8 Orange 14 Chocolate Chip Cookie 18	12 Meatloaf 14 Pumpernickel Bread 29 Carrot & Raisin Salad 16 Apple 22
15 Cottage Cheese & Veggie Plate 10 Three Bean Salad 15 Molded Orange Salad 20 Streusel Peach Muffin 41	16 Ham / Turkey / Cheese/ Sub Bun 31 Lett , Tom & Onion 8 Marinated Cauliflower Salad 3 Apricots 17 Gingerbread Cookie 15	17 <u>THANKSGIVING DINNER</u> Simple Egg Salad 5 Hamburger Bun 25 Tossed Salad 3 Pickled Beets 8 Banana 27	18 Almond Lemon Chicken 5 Brown Rice Salad 18 Fresh Pear 23 Wheat Crackers 16	19 Chicken & Bean Salad 21 Marinated California Blend 6 Strawberry Parfait 30 Double Chocolate Cookie 18
22 Tuna Salad 9 Petit Pain Roll 25 Fruited Gelatin 28 Apple 22	23 Cottage Cheese & Fruit Plate 37 Peas & Peanut Salad 16 Vanishing Oatmeal Cookie 23 Crackers 10	24 Turkey & Provolone 2 Hamburger Bun 25 Lettuce & Tomato 7 Apricots 17 Pistachio Fluff 32	25 <u>CENTERS CLOSED</u> 26 <u>CENTERS CLOSED</u> 	
29 Ham & Cheese 3 Sub Bun 28 / Salad Dressing Lett, Tom & Onion 6 Marinated Carrots 9 Canned Prunes 23	30 Chicken Pasta Salad 26 Three Bean Salad 15 Fruit Cocktail 16 Multi-Grain Swirl Bread 23	1 <u>DECEMBER</u> Tuna Pasta Salad 27 Peas & Peanut Salad 10 Banana 27 Chocolate Chip Cookie 18	2 Crispy Oven Chicken 13 Hamburger Bun 25 Lettuce, Tomato, Onion 8 Fresh Potato Salad 16 Pears 14	3 Egg Tossed Salad 11 FF French Dressing Red Beans & Pasta Salad 23 Blueberry Parfait 35 Wheat Roll 13

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.