



# Meals on Wheels MENU • NOVEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Tuna Salad 8 Apricots 18 Corn Salad 11 Wheat Sweet Yeast Roll 23	31 <u>HALLOWEEN</u> Almond Lemon Chicken 3 Peas & Peanut Salad 13 Raisins 34 Hawaiian Roll 14	1 Turkey & Provolone 0 Hamburger Bun 25 Trail Mix Salad 29 Pears 15	2 Cott. Cheese & Veggies 10 Peas & Cheese Salad 12 Strawberries 25 Pumpkin Muffin 37	3 Chicken & Bean Salad 23 Mandarin Oranges 12 Naan Flatbread 20 Triple Chocolate Cookie 31
6 Dinner Ham 3 Colby Jack Cheese 0 Three Bean Salad 16 Pineapple Tidbits 13 Wheat Bread 36	7 Egg Salad 5 Confetti Bean Salad 16 Peach and Pear Delight 54 Wheat Roll 12	8 Crispy Oven Chicken 9 Colby Jack Cheese 0 Hamburger Bun 25 Red Beans & Pasta Salad 23 Apricots 19	9 Tuna Apple Salad 7 Chunky Applesauce 21 Navy Bean Salad 20 Naan Flatbread 20	10 Chicken Pasta Salad 22 Pickled Beets 8 Banana 27 Wheat Sweet Yeast Roll 23
13 Turkey & Cheese 3 Red Beans & Pasta Salad 23 Clementine (2) 18 Glorious Morning Muffin 24 Savory Garlic Bread 27	14 Chicken Waldorf Salad 5 Greek Pasta Salad 17 Fresh Pear 23 Rye Bread 18	15 Boiled Egg 1 Peas & Cheese Salad 12 Fruit Cocktail 2 16 Double Chocolate Muffin 33	16 Cott. Cheese & Veggies 10 Confetti Bean Salad 16 Fruit Cocktail 2 16 Pumpkin Muffin 37	17 Meatloaf 14 Pickled Beets 8 Clementine (2) 18 Pumpnickel Bread Slice 55
20 Mexican Chicken Salad 10 Clementine (2) 18 Prune Juice 18 Salsa 7 Taco Chips 28	21 Tuna Pasta Salad 25 Carrot & Celery Sticks 3 Golden Delicious Apple 22 Confetti Filled Cookie 29	22 Taco Salad 5 Salas 7 Clementine (1) 9 Taco Chips 28 Pumpkin Mousse 19	23 <u>ALL CENTERS CLOSED</u> 	24 <u>ALL CENTERS CLOSED</u> 
27 Tuna Salad 8 Apricots 18 Corn Salad 11 Wheat Sweet Yeast Roll 23	28 Almond Lemon Chicken 3 Peas & Peanut Salad 13 Raisins 34 Hawaiian Roll 14	29 Turkey & Provolone 0 Hamburger Bun 25 Trail Mix Salad 29 Pears 15	30 Cott. Cheese & Veggies 10 Peas & Cheese Salad 12 Strawberries 25 Pumpkin Muffin 37	1 <u>DECEMBER</u> Chicken & Bean Salad 23 Mandarin Oranges 12 Naan Flatbread 20 Triple Chocolate Cookie 31

All meals served at 11:30 am at the Activity & Dining Centers. To reserve a lunch by 9 am call the Center you will attend: Sanford: (989) 687-7888 • Coleman: (989) 465-6216  
Trailside: (989) 633-3790 • Mills: (989) 282-1622 • Greendale: (989) 832-8683. Meals on Wheels Hotline: Call 989-633-3789 for changes in delivery by 9 am. Reservations are required. Menus subject to change without notice. Numbers after each menu item indicate the number of carbohydrates in grams for that item. Milk (13) is served with each meal.