

CENTER HOT MENU • NOVEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 Open-faced Hot Turkey Sandwich Mashed Potatoes * Poultry Gravy Rye Bread * California Blend Vegetables Clementine * Pumpkin Mousse *	5 Herb Roasted Pork Loin Roasted Sweet Potatoes * Broccoli Wheat Sweet Yeast Roll ** Peach and Pear Delight ****	6 Oven Roasted Chicken Drumstick Scalloped Potatoes * Carrots * Clementine * Caramel Apple Crumble ** Hawaiian Roll *	7 Chicken Pot Pie *** Applesauce Salad ** Biscuit *	8 Fish Tenders * Smashed Baked Potato ** Dilled Carrots * Fruited Gelatin ** Wheat Sweet Yeast Roll **
11 Stuffed Salmon w/Alfredo Sauce * Herbed Pasta ** Roasted Brussels Sprouts * Naan Flatbread * Red, White & Blue Cake **	12 Bourbon Chicken Red, Green Peppers & Onions Brown Rice ** Golden Delicious Apple * Fruited Gelatin **	13 Meatloaf * Meatloaf Gravy Mashed Potatoes * Peas & Carrots * Pineapple Tidbits * Wheat Sweet Yeast Roll **	14 Pork Chop Suey * Brown Rice ** Broccoli Fresh Pear ** Fortune Cookie Hawaiian Roll *	15 Chicken Mushroom Alfredo Penne ** Normandy Vegetable Blend Banana ** Savory Garlic Bread *
18 Chicken & Dumplings ** Biscuit * French Green Beans Fresh Plum * Pumpkin Mousse *	19 Crispy Pollock Fillet * Macaroni & Cheese * Brussel Sprouts Strawberries & Blueberries * Hawaiian Roll *	20 THANKSGIVING MEAL *Reservations are Required* Roast Turkey Breast Mashed Potatoes* Turkey Gravy Green Bean Casserole* Wheat Bread Stuffing** Cranberry Sauce* Butter Roll* Pumpkin Pie****	21 Dutch Chicken Wheat Bread Stuffing ** Carrots * Mango Chunks * Pumpkin Muffin **	22 Swiss Steak Beef Gravy Mashed Potatoes * Braised Cabbage * Banana ** Sweet Orange Bread **
25 Swedish Meatballs * Mashed Potatoes * French Green Beans Peaches * Pumpkin Muffin **	26 Pork Fritter w/Alfredo * Parsley Potatoes * Stewed Apples * Cucumbers 'n Vinegar Savory Garlic Bread *	27 Turkey Pot Roast Mashed Potatoes * Roasted Butternut Squash * Strawberries ** Cranberry Walnut Bread *	28 All Centers are Closed Happy Thanksgiving	29 All Centers are Closed

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.

* = 15 gm carbohydrate. If there is no (*) by an item, there are little-no carbohydrates in that food item. Milk* is served with each meal.

Meals on Wheels Cold MENU • NOVEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 Ham Sandwich *** Three Bean Salad * Chunky Applesauce *	5 Egg Salad Confetti Bean Salad * Kiwi * Apple Juice * Naan Flatbread *	6 Turkey & Cheese Savory Garlic Bread ** Red Beans & Pasta Salad ** Clementine (2) * Banana Chocolate Chip Muffin ***	7 Tuna Apple Salad Pineapple Tidbits * Navy Bean Salad * Naan Flatbread *	8 Taco Salad Salsa Tortilla Chips * Fresh Plum * Ginger Snap Cookie **
11 Crispy Oven Chicken * Colby Jack Cheese Slice Hamburger Bun ** Red Beans & Pasta Salad ** Mango Chunks *	12 Chicken Waldorf Salad Greek Pasta Salad * Fresh Pear ** Rye Bread *	13 Boiled Eggs Cottage Cheese Peas & Cheese Salad * Tropical Fruit * Strawberry Parfait **	14 Cottage Cheese & Fruit * Confetti Bean Salad * Fruit Cocktail * Pumpkin Muffin **	15 Meatloaf * Beets * Clementine * Rye Bread (2) **
18 Turkey Sandwich *** Cucumber and Carrot Salad * Fresh Pear ** Chocolate Pudding **	19 Chicken Pasta Salad ** Beets * Mangoes & Pineapple * Double Chocolate Muffin **	20 Tuna Pasta Salad ** Carrot & Celery Sticks Kiwi * Chocolate Chip Cookie *	21 Pork Sandwich ** Navy Bean Salad * Peaches *	22 Simple Egg Salad Beets * Burst O Berries * Bread Pudding *** Raisins **
25 Tuna Salad Apricots * Corn Salad * Wheat Sweet Yeast Roll **	26 Almond Lemon Chicken Peas & Peanut Salad * Rasins ** Hawaiian Roll *	27 Mexican Chicken Salad Clementine * Prune Juice * Ranger Cookie ** Salsa Tortilla Chips *	28 All Centers are Closed Happy Thanksgiving	
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