

MEALS ON WHEELS MENU - NOVEMBER 2021

NOT GOING TO BE HOME? NOTIFY 48 HOURS IN ADVANCE.
 Call or Text 888.869.6325 Online www.mownct.org/cancel-my-meal


CHOICE A	1 Beef Patty in Teriyaki Sauce Mushroom, Onion & Peppers Rice WG Bread Mixed Fruit	2 Three Cheese Macaroni & Cheese Green Beans Carrots WG Bread Grape Juice	3 Pork Riblet in BBQ Sauce Mashed Sweet Potatoes Zesty Lemon Spinach WG Bread Orange Pineapple Juice	4 Sesame Chicken Broccoli & Carrots Steamed Cauliflower WG Bread Mixed Fruit	5 Lasagna Florentine Zucchini & Yellow Squash WG Bread Oatmeal Raisin Cookie Mandarin Oranges
	OR	OR	OR	OR	OR
CHOICE B	1 Whole Grain Batter Dipped Fish Cheesy Mashed Potatoes Mixed Vegetables Tartar Sauce WG Bread/Margarine	2 Salisbury Steak w/ Gravy Turnip Greens Succotash WG Bread/Margarine	3 Veal Chop with Mustard Sage Sauce Butternut Squash WG Bread	4 Scrambled Eggs with Vegetables Turkey Sausage Links WG Bread/ Margarine Spiced Peaches	5 Vegetarian Chili Pinto Bean & Carrot Blend WG Bread/ Margarine Mandarin Oranges


CHOICE A	8 Sweet & Sour Chicken Steamed White Rice Ginger Peas WG Bread	9 Grilled Pork Chop with Homemade Gravy Brussels Sprouts Sweet Potatoes WG Bread Pineapples	10 Batter-Dipped Crispy Fish Nuggets Garlic Mashed Potatoes Carrots WG Bread Tartar Sauce Blended Juice	11 Egg Patty with Turkey Sausage w/Pancakes Strawberry Compote WG Bread Peanut Butter	12 Chicken w/ Thai Ginger Red Curry Sauce Flat Beans Carrots WG Bread/ Margarine Sugar Cookie
	OR	OR	OR	OR	OR
CHOICE B	8 Three Cheese Macaroni & Cheese Green Beans Carrots WG Bread Orange Pineapple Juice	9 Beef Patty w/ Pizzoli Sauce Green Beans Pineapple & Mandarin Oranges WG Bread/Margarine	10 Chicken Marsala Green Beans Butternut Squash WG Bread Blended Juice	11 Macaroni & Beef Casserole Spinach California Blend Vegetables WG Bread/ Margarines	12 Chili Dog Baked Beans Corn Hot Dog Buns

All meals served with 1% low-fat white or non-fat chocolate milk. Vegetarian meals available upon request.
 WG = Whole Grain; WW = Whole Wheat

CONTINUED ON NEXT PAGE

CHOICE A	15 Three Cheese Macaroni & Cheese Green Beans Carrots WG Bread Grape Juice	16 Western Style Omelet Potatoes O'Brien Strawberry Applesauce WG Bread/ Margarine	17 Cuban Black Beans & Rice Whole Kernel Corn with Red Peppers Parslied Carrots WG Bread/ Margarine Peaches	18 Meatloaf w/Gravy Stewed Tomatoes Skin-on Potatoes WG Bread Mixed Fruit	19 Lasagna w/Ground Turkey Broccoli & Cauliflower WG Bread/ Margarine
	OR	OR	OR	OR	OR
CHOICE B	15 Baked Chicken Green Beans Yellow Rice with Tomatoes & Chives WG Bread/Margarine Grape Juice	16 Turkey with Gravy Mashed Potatoes Green Beans WG Bread/Margarine Oatmeal Raisin Cookie	17 Three Bean Chili Squash Medley WG Bread/ Margarine	18 Manicotti Alfredo Seasoned Peas Italian Vegetables WG Bread/ Margarine	19 Chicken Parmesan Rosemary Potatoes Green Beans WG Bread Mixed Fruit

CHOICE A	22 Honey Mustard Chicken Potatoes Florentine Mixed Vegetables WG Bread/ Margarine Applesauce	23 Omelet with Cheese Fruited Granola Roasted Parsley Potatoes WG Bread/Margarine Apple Spice Cookie	24 Hamburger Mashed Potatoes Carrots Hamburger Bun Ketchup/Mustard Apple Juice	<div style="text-align: center;">  <p>OFFICES CLOSED Holiday & Regular frozen meal to be received earlier in the week.</p> </div>	
	OR	OR	OR	OR	OR
CHOICE B	22 Pasta Bolognese Italian Vegetable Medley WG Bread Applesauce	23 Beef Patty in Rich Brown Gravy Garlic Mashed Potatoes Squash & Green Beans WG Bread	24 Chicken with Gravy Potatoes Brussels Sprouts WG Bread	25	26

CHOICE A	29 Beef Patty in Teriyaki Sauce Mushroom, Onion & Peppers Rice WG Bread Mixed Fruit	30 Three Cheese Macaroni & Cheese Green Beans Carrots WG Bread Grape Juice	<div style="text-align: center;">  </div>	
	OR			
CHOICE B	29 Whole Grain Batter Dipped Fish Cheesy Mashed Potatoes Mixed Vegetables Tartar Sauce WG Bread/Margarine	30 Salisbury Steak w/ Gravy Turnip Greens Succotash WG Bread/ Margarine		

All meals served with 1% low-fat white or non-fat chocolate milk. Vegetarian meals available upon request.
WG = Whole Grain; WW = Whole Wheat