

MEALS ON WHEELS MENU - NOVEMBER 2021

VEGETARIAN MEALS

NOT GOING TO BE HOME? NOTIFY 48 HOURS IN ADVANCE.

Call or Text 888.869.6325 Online www.mownct.org/cancel-my-meal

1 Cheese Omelet Roasted Potatoes Fruited Granola WG Bread Peanut Butter Orange Juice	2 Manicotti Alfredo Seasoned Peas Italian Vegetables WG Bread Grape Juice	3 Vegetarian Chili Pinto & Carrot Blend Corn Muffin Margarine Apple Juice	4 Macaroni & Cheese Seasoned Carrot Cuts Green Peas WG Bread/Margarine Pineapple Cup	5 Chick'n Nuggets Warm Rice Salad Diced Sweet Potatoes WG Bread Margarine Applesauce
8 Black Beans & Rice w/ Corn & Red Pepper Carrots WG Bread Margarine Peach Cup	9 Macaroni & Cheese Seasoned Carrot Cuts Green Peas WG Bread/Margarine Pineapple Cup	10 Bean Burrito w/ Queso Carrots Parslied Corn Mixed Fruit Cup Corn Muffin	11 Country Egg Skillet w/Potatoes, Tomatoes, Peppers, Mushrooms, Onion, and Cheese Cranberry Apples WG Bread/Margarine Applesauce	12 Meatless Ground Beef & Pasta Casserole Pinto Beans Carrots WG Roll Margarine Raisins
15 Cheese Omelet Roasted Potatoes Fruited Granola WG Bread Peanut Butter Orange Juice	16 Manicotti Alfredo Seasoned Peas Italian Vegetables WG Bread Grape Juice	17 Vegetarian Chili Pinto & Carrot Blend Corn Muffin Margarine Apple Juice	18 Macaroni & Cheese Seasoned Carrot Cuts Green Peas WG Bread/Margarine Pineapple Cup	19 Chick'n Nuggets Warm Rice Salad Diced Sweet Potatoes WG Bread Margarine Applesauce
22 Black Beans & Rice w/ Corn & Red Pepper Carrots WG Bread Margarine Peach Cup	23 Macaroni & Cheese Seasoned Carrot Cuts Green Peas WG Bread/Margarine Pineapple Cup	24 Bean Burrito w/ Queso Carrots Parslied Corn Mixed Fruit Cup Corn Muffin	25  OFFICES CLOSED Holiday & Regular frozen meal to be received earlier in the week.	
29 Cheese Omelet Roasted Potatoes Fruited Granola WG Bread Peanut Butter Orange Juice	30 Manicotti Alfredo Seasoned Peas Italian Vegetables WG Bread Grape Juice			6 

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