



Meals on Wheels menu November 2018

| Mon | Tues | Wed | Thur | Fri |
|--|---|--|---|---|
| | | | Hamburger on whole wheat bun Lettuce, tomato, onion, mayo, ketchup, mustard Baked beans Apple crisp Beverage | Oven baked chicken with mushroom gravy Yellow rice Black-eyes peas Cabbage Fresh fruit Beverage |
| BBQ riblet sandwich on hoagie roll Mixed vegetables Coleslaw Banana pudding Beverage | Mexican beef Soft shell Lettuce, tomato, salsa, cheese Refried beans Applesauce Beverage | Oven baked chicken with gravy Broccoli Baby carrots Whole wheat roll w/marg. Oatmeal cream pie Beverage | Beef stew with peas and carrots Rice Tossed salad with dressing Peach cobbler Beverage | Herbed baked fish with tartar sauce Rice Stewed tomatoes Green beans Fresh fruit Beverage |
| Salisbury steak with gravy Mashed potatoes Mixed vegetables Whole wheat roll Diced peaches Beverage | Chicken fricassee Brown rice Tossed salad with French dressing Collard greens Yogurt Beverage | Spaghetti in meat sauce Green peas Tossed salad with dressing Banana pudding Beverage | Baked ham Sweet carrots Black-eyed peas Corn muffin with margarine Gelatin with fruit Beverage | Roast beef with gravy Rice Rutabagas Steamed broccoli Fresh fruit Beverage |
| Pork chop Yam patties Greens Corn muffin with margarine Pineapple tidbits Beverage | Chili with beans Whole kernel corn Tossed salad with dressing Whole wheat crackers Apple cobbler Beverage | Beef stew with peas and carrots Rice Tossed salad with dressing Peach cobbler Beverage | Fresh baked turkey Cornbread dressing with giblet gravy and cranberry sauce Yam patty Greens Ambrosia Beverage | Fresh baked turkey Cornbread dressing with giblet gravy and cranberry sauce Yam patty Greens Ambrosia Beverage |
| Chicken & noodles with gravy Sliced carrots Green peas Fruit cup Beverage | BBQ pulled pork Broccoli Whole kernel & creamed corn Whole wheat dinner roll with margarine Oatmeal cream pie Beverage | Lemon baked fish Green beans Coleslaw Spanish rice Orange Beverage | Hamburger on whole wheat bun Lettuce, tomato, onion, mayo, ketchup, mustard Baked beans Apple crisp Beverage | Oven baked chicken with mushroom gravy Yellow rice Black-eyes peas Cabbage Fresh fruit Beverage |

*Menu subject to market availability

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