

November

MOW

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>MEALS ON WHEELS OFFICE 239-337-1055 DELIVERY MONDAY THROUGH SATURDAY 9:30 TO NOON</p> <p>MENU SUBJECT TO CHANGE WITHOUT NOTICE</p>				<p>1 Beef stroganoff Vegetable</p>	<p>2 Crab Cakes Vegetable</p>	<p>3 Turkey & Cheese Sandwich Fruit</p>
<p>4 Baked ziti Vegetable</p>	<p>5 Lemon pepper chicken Vegetable</p>	<p>6 Mojo pulled pork Vegetable</p>	<p>7 Spinach Salad Fruit Bread</p>	<p>8 Chicken Pot Pie Vegetable</p>	<p>9 Baked parmesan catfish vegetable</p>	<p>10 Italian sandwich Fruit</p>
<p>11 Vegetarian chili Brown rice</p>	<p>12 Macaroni & Cheese Vegetable</p>	<p>13 Chicken marsala Vegetable</p>	<p>14 Cobb Salad Muffin</p>	<p>15 Stuffed Peppers Vegetable</p>	<p>16 Casino Crusted Fish Vegetable</p>	<p>17 Ham & cheese sandwich Fruit</p>
<p>18 Beef brisket Vegetable</p>	<p>19 Spaghetti Marinara Vegetable Garlic bread</p>	<p>20 BBQ chicken Cornbread stuffing Vegetable</p>	<p>21 Greek salad with chicken strips Fruit Bread</p>	<p>22 Roasted turkey Dinner Pumpkin Pie</p>	<p>23 Zesty baked catfish vegetable</p>	<p>24 Tuna salad sandwich Fruit</p>
<p>25 Spinach lasagna Vegetable</p>	<p>26 Cheeseburger French fries Vegetable</p>	<p>27 Baked ham Vegetable</p>	<p>28 Shepherds Pie Vegetable</p>	<p>29 Sweet & Sour Pork Vegetable</p>	<p>30 Tuna Casserole Vegetable</p>	

