

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Baked Ziti w/cheese Broccoli Dessert ¹	Seafood Chowder Crackers Corn Muffin Dessert ²
Beef Stew Fresh Vegetable Dessert ³	Lemon Pepper Chicken Fresh Vegetable Dessert ⁴	Rigatoni Primavera Fresh Vegetable Dessert ⁵	Salisbury Steak w/gravy Green Beans Dessert ⁶	Taco Pie Fresh Vegetable Dessert ⁷	Tuna Casserole Fresh Vegetable Dessert ⁸	Chicken Salad on a Roll (lettuce, tomato, pickle) Sun Chips Banana ⁹
Roast Beef Mashed Potatoes Fresh Vegetable Dessert ¹⁰	Sweet and Sour Pork over Rice Stir Fry Vegetables Dessert ¹¹	Turkey Meatloaf Mashed Sweet Potatoes Green Beans Dessert ¹²	BBQ Chicken Corn Dessert ¹³	Spaghetti Bolognese Fresh Vegetable Garlic Bread ¹⁴	Roasted Chicken Mashed Potatoes Mixed Vegetables ¹⁵	Kielbasa & Sauerkraut Fresh Vegetable Dessert ¹⁶
Stuffed Peppers Fresh Vegetable Dessert ¹⁷	Chicken Alfredo w/penne pasta Green Peas Dessert ¹⁸	Chili Con Carne w/ Rice Fresh Vegetable Cornbread ¹⁹	Mexican Pork Stew Fresh Vegetable Dessert ²⁰	Chicken and Vegetable Stir Fry over Rice Stir Fry Vegetables Dessert ²¹	Cheeseburger (lettuce, tomato, mustard, mayo, ketchup) Oven Fries Dessert ²²	Spinach Lasagna Fresh Vegetable Dessert ²³
Pork Tenderloin w/Dijon Marsala Potatoes ²⁴	Baked Ham Fresh Vegetable Dessert ²⁵	Honey Baked Chicken Fresh Vegetable Dessert ²⁶	Beef Lasagna Broccoli Dessert ²⁷	Roasted Turkey w/gravy Dressing Sweet Potatoes Mashed Potatoes Green Bean Casserole Dinner Roll Pumpkin Pie ²⁸	Turkey Divan Fresh Vegetable Dessert ²⁹	Sweet Potato & Sausage Strata Home Fries Harvard Beets ³⁰

November 2019

Meals on Wheels

