


Meals on Wheels November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October 27 Vegetable Lasagna Fresh Vegetable Dessert	October 28 Cheeseburger Baked Beans Dessert	October 29 Chicken w/ Gravy Mashed Potatoes Fresh Vegetable Dessert	October 30 Tuna Salad over Spinach Fresh Orange	October 31 Sausages Biscuits & Gravy Fresh Vegetable Dessert	November 1 Hot Dogs Baked Beans Dessert	November 2 Creamy Chicken Pasta Salad w/Roasted Vegetables Dessert
3 Baked Ziti w/Cheese Fresh Vegetable Dessert	4 Chicken w/gravy Mashed Potatoes Fresh Vegetable Dessert	5 Spaghetti w/Italian Meatballs Fresh Vegetable Dessert	6 Cobb Salad Fresh Orange	7 Hoppin John Fresh Veggie Dessert	8 Lemon Pepper Chicken Rice Pilaf Fresh Vegetable Dessert	9 Chicken Salad over Lettuce Fresh Fruit
10 Chili Mac Casserole Fresh Vegetable Dessert	11 Lemon Pepper Chicken Rice Pilaf Fresh Vegetable Dessert	12 Beef & Cheese Taco Pie Fresh Vegetable Dessert	13 Chicken Salad over Lettuce Orange wedge Dessert	14 Kielbasa over Sauerkraut Fresh Vegetable Dessert	15 Chicken Alfredo w/Rotini Fresh Vegetable Dessert	16 Cobb Salad Fresh Fruit
17 Swedish Meatballs Pasta Fresh Vegetable Dessert	18 Chicken w/ Honey Mustard Glaze Rice Fresh Vegetable Dessert	19 Sweet & Sour Chicken Legs Rice Fresh Vegetable Dessert	20 Creamy Chicken Pasta Salad Roasted Vegetables Dessert	21 Brats Mashed Potatoes Fresh Veggie Dessert	22 Beef Stroganoff Egg noodles Fresh Vegetable Dessert	23 Tuna Salad over Fresh Spinach Fresh Fruit
24 Vegetable Lasagna Fresh Vegetable Dessert	25 Cheeseburger Baked Beans Dessert	26 Chicken w/ Gravy Mashed Potatoes Fresh Vegetable Dessert	27 Tuna Salad over Spinach Fresh Orange	28  Thanksgiving Dinner	29 Hot Dogs Baked Beans Dessert	30 Creamy Chicken Pasta Salad w/Roasted Vegetables Dessert

Menu is subject to change without notice.

Please call the office if you will not be home to receive your meal (239) 337-1055.

Delivery times are 9:00am to 12:30pm, and no meals will be left outside if you're not home. Thank you.

