

## Meals on Wheels Menu | NOVEMBER 2018

Please keep this menu for reference.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 Beef Stew	2 Garlic Herb Tilapia	3 Chicken Chimichanga	4 Stuffed Pasta Shells w/ Meat Sauce
5 Swedish Meatballs w/ Noodles	Beef Fajita w/ Peppers Onions, Cheese, Sour Cream & Salsa	7 Pulled Pork Sandwich	8 Chicken Marsala	9 Sandy's Chicken Chile	Smothered Pork Chop w/ Onions and Peppers	11 Goulash
Veteran's Day Beef Stroganoff	Chicken Pot Pie w/ Buttermilk Biscuit	Breaded Fish Sandwich w/ Lettuce & Tomato	15 Roast Turkey w/ Gravy	16 Meatballs w/ Marinara	17 Sandy's Chicken Chile	18 Chef's Choice
19 Riblettes	Beef Tacos w/ Lettuce, Tomato, Cheese, Sour Cream & Salsa	21 Chicken Teriyaki	Happy Thanksgiving Roast Turkey w/ Gravy	Thanksgiving Holiday Swedish Meatballs w/ Noodles	24 Chicken Marsala	25 Pulled Pork Sandwich
26  Hamburger w/ Lettuce, Tomato & Onion	Egg Salad on Croissant	28 Chicken Chow Mein	29 Slow Roasted Beef	30 Salmon w/ Lemon & Dill	MEALS ON WHEELS AMERICA 2018 MEMBER	

Menu substitutions may occur without notice. Clients are advised to keep a 3-day supply of non-perishable foods and bottled water in the event of inclement weather or other emergencies that may cause a temporary suspension of service.