

# November 2024 Meals on Wheels Menu

				<b>Friday 11/1/24</b>
WE VALUE YOUR OPINION!! PLEASE CALL US AT 223-7825 OR 223-7826 WITH YOUR FEEDBACK.  WE WOULD LOVE TO HEAR FROM YOU!	NOTE:  MEALS SERVED WITH 2% MILK MENU SUBJECT TO CHANGE WITHOUT NOTICE			TURKEY PATTY W/CRANBERRY ROAST YAMS GREEN BEANS+ BREAD FRESH FRUIT+ HEALTHY HEART SPREAD MILK
<b>Monday 11/4/24</b>	<b>Tuesday 11/5/24</b>	<b>Wednesday 11/6/24</b>	<b>Thursday 11/7/24</b>	<b>Friday 11/8/24</b>
BACON CHEESEBURGER MAC 5 WAY VEGETABLE BLEND BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	SLOPPY JOE BAKED BEANS CORN NIBLETS+ BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	MEATBALL MARINARA SPAGHETTI ITALIAN VEGETABLE BLEND BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	CHICKEN CORDON BLEU RICE* CORN NIBLETS+ PEAS AND CARROTS BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	BEEF STEW MASHED POTATOES BABY GREEN PEAS BREAD FRESH FRUIT+ HEALTHY HEART SPREAD MILK
<b>Monday 11/11/24</b>	<b>Tuesday 11/12/24</b>	<b>Wednesday 11/13/24</b>	<b>Thursday 11/14/24</b>	<b>Friday 11/15/24</b>
CHICKEN PARMESAN W/PASTA ITALIAN VEGETABLE BLEND BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	STUFFED PEPPERS W/TOMATO SAUCE O'BRIEN POTATOES BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	ITALIAN SAUSAGE ONIONS AND PEPPERS O'BRIEN POTATOES HOT DOG ROLL FRUIT CUP+ HEALTHY HEART SPREAD MILK	CHICKEN A' LA KING RICE* 5 WAY VEGETABLE BLEND BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	BEEF PATTY MELT w/onions & cheese O'BRIEN POTATOES SPINACH* BREAD FRESH FRUIT+ HEALTHY HEART SPREAD MILK
<b>Monday 11/18/24</b>	<b>Tuesday 11/19/24</b>	<b>Wednesday 11/20/24</b>	<b>Thursday 11/21/24</b>	<b>Friday 11/22/24</b>
SWEDISH MEATBALLS EGG NOODLES* SAUTEED GREEN BEANS+ BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	MEAT & CHEESE LASAGNA SAUTEED CARROTS & PEAS* FRUIT CUP+ HEALTHY HEART SPREAD BREAD MILK	MEATLOAF MASHED POTATOES CHOPPED SPINACH* BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	SOUTHERN PULLED PORK BBQ BAKED BEANS SAUTEED COLLARD GREENS*+ BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	PORK CHOPS W/SPICED APPLES MASHED SWEET POTATOES SAUTEED GREEN BEANS+ BREAD FRESH FRUIT+ HEALTHY HEART SPREAD MILK
<b>Monday 11/25/24</b>	<b>Tuesday 11/26/24</b>	<b>Wednesday 11/27/24</b>	<b>Thursday 11/28/24</b>	<b>Friday 11/29/24</b>
BEEF STROGANOFF BUTTERED NOODLES CALIFORNIA BLEND*+ BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	BBQ CHICKEN SWEET POTATO* SAUTEED GREEN BEANS+ BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	BAKED HAM ROAST YAMS* COLLARD GREENS+ BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	CLOSED IN OBSERVANCE OF THANKSGIVING DAY	CLOSED IN OBSERVANCE OF THE DAY AFTER THANKSGIVING DAY
Meal Pattern Requirement: (Meals provide a minimum of 1/4 RDA).	Meat or alternative = 4oz cooked, edible portion Vegetables and Fruit= 4(1/1) portions	Bread or equivalent = 1 serving Fat = 1 teaspoon	*denotes vitamin A requirement	+denotes vitamin C requirements