



November 2018 Menu



Mon	Tue	Wed	Thu	Fri
<u>MEAT SUBSTITUTE MEAL</u> Hamburger Steak Patty Green Beans Carrots Mini Yeast Roll Sliced Peaches Applesauce	<u>VEGETABLE SUBSTITUTE MEAL</u> Mac & Cheese Green Beans Carrots Mini Yeast Roll Sliced Peaches Applesauce		1 Sirloin Steak Strips w/ Rice Stewed Tomatoes Fried Okra Pineapple Tidbits Grapes	2 Carved Turkey Breast w/ Stuffing Corn Green Peas Peaches Chocolate Cupcake
5 BBQ Pork Broccoli & Rice Casserole Apple Cobbler Bun Coleslaw	6 Steakburger Lima Beans Hot Cinnamon Apples Bun Cantaloupe	7 Hot Dog w/ Peppers Red Bliss Potatoes Steamed Broccoli Split Large Yeast Roll Fruit Cocktail Oatmeal Cookies	8 Chicken Pot Pie Sweet Potato Casserole Peas Pickled Beets Red Grapes	9 Salisbury Steak w/ Gravy Spinach Mashed Potatoes Pineapple Tidbits Chocolate Pudding
12 CLOSED In Observance of VETERANS DAY 	13 Shepherd's Pie Okra & Stewed Tomatoes Green Beans Orange Slices Oatmeal Cookies	14 Lasagna Steamed Broccoli Cinnamon Apples Tossed Salad w/ Salad Dressing	15 Scrambled Eggs Bacon Tater Tots Buttermilk Biscuit Strawberries	16 Grilled Chicken Breast Corn Brussels Sprouts Applesauce Chocolate Cake w/ Cherries
19 Smoked Sausages w/ Sauerkraut Red Bliss Potatoes Steamed Broccoli Mini Yeast Roll Mandarin Oranges	20 Meatloaf w/ Tomato Sauce Steamed Carrots Lima Beans Mini Yeast Roll Pineapple Tidbits	21 Holiday Turkey Breast w/ Stuffing & Gravy Green Bean Casserole Corn Cranberry Sauce Potato Salad Pumpkin Pie	22 CLOSED 	23 CLOSED Day After Thanksgiving
26 Baked Chicken Tenders Carrots Stir-Fried Cabbage Cucumber Pepper Salad Orange Slices	27 Boneless BBQ Pork Ribs Corn Black-Eyed Peas Mini Yeast Roll Applesauce Oatmeal Cookies	28 Spaghetti & Meatballs Brussels Sprouts Cauliflower Orange Slices Rice Krispie Treat	29 Fajita Steak Mexican Rice Skillet Vegetables Soft Tortilla Pineapple Tidbits	30 Teriyaki Chicken over Rice Kettle Cooked Collards Pinto Beans Peaches Chocolate Cupcake

2% Milk will be served with all meals. You may order the Meat Plate or Vegetable Plate Substitute Meal option in place of what's offered on the menu.
 All substitute meal orders and cancellations must be received by noon, one business day before needed, by calling the Meals on Wheels office at 704-633-0352.