

MEALS ON WHEELS MENU

NOVEMBER 2022 VEGETARIAN MEALS

NOT GOING TO BE HOME? NOTIFY 48 HOURS IN ADVANCE.
 Call or Text 888.869.6325 Online www.mownct.org/cancel-my-meal

<p>12</p> 	<p>1 Manicotti Alfredo Yellow Corn Carrots WG Bread Grape Juice</p>	<p>2 Vegetarian Chili Carrots Corn Muffin Margarine Apple Juice</p>	<p>3 Macaroni & Cheese Carrots Green Beans WG Bread Margarine Pineapples</p>	<p>4 Plant-Based "Chick'n Nuggets" Warm Rice Salad Diced Sweet Potatoes WG Bread Margarine Applesauce</p>
<p>7 Black Beans with Rice and Corn Parslied Carrots WG Bread/Margarine Peach Cup</p>	<p>8 Cheese Lasagna w/ Spinach Alfredo Sauce Mixed Vegetables WG Bread Margarine Mandarin Oranges Waffle Grahams</p>	<p>9 Bean Burrito w/ Queso Carrots Whole Kernel Corn Mixed Fruit Cup Corn Muffin</p>	<p>10 Meatless Ground Beef & Pasta Casserole Pinto Beans Steamed Carrots WG Bread Applesauce</p>	<p>11 Macaroni & Cheese Green Beans Carrots WG Roll/Margarine Raisins</p>
<p>14 Cheese Omelet Breakfast Potatoes Fruited Granola WG Bread Peanut Butter Orange Juice</p>	<p>15 Manicotti Alfredo Yellow Corn Carrots WG Bread Grape Juice</p>	<p>16 Vegetarian Chili Carrots Corn Muffin Margarine Apple Juice</p>	<p>17 Macaroni & Cheese Carrots Green Beans WG Bread Margarine Pineapples</p>	<p>18 Plant-Based "Chick'n Nuggets" Warm Rice Salad Diced Sweet Potatoes WG Bread Margarine Applesauce</p>
<p>21 Black Beans with Rice and Corn Parslied Carrots WG Bread/Margarine Peach Cup</p>	<p>22 Cheese Lasagna w/ Spinach Alfredo Sauce Mixed Vegetables WG Bread Margarine Mandarin Oranges Waffle Grahams</p>	<p>23 Bean Burrito w/ Queso Carrots Whole Kernel Corn Mixed Fruit Cup Corn Muffin</p>	<p>24 Meatless Ground Beef & Pasta Casserole Pinto Beans Steamed Carrots WG Bread Applesauce</p>  <p>OFFICE CLOSED</p>	<p>25 Macaroni & Cheese Green Beans Carrots WG Roll/Margarine Raisins</p>  <p>OFFICE CLOSED</p>
<p>28 Cheese Omelet Breakfast Potatoes Fruited Granola WG Bread Peanut Butter Orange Juice</p>	<p>29 Manicotti Alfredo Yellow Corn Carrots WG Bread Grape Juice</p>	<p>30 Vegetarian Chili Carrots Corn Muffin Margarine Apple Juice</p>		

All meals served with 1% low-fat white or non-fat chocolate milk. WG = Whole Grain; WW = Whole Wheat