


# MEALS ON WHEELS MENU

## NOVEMBER 2022

NOT GOING TO BE HOME? NOTIFY 48 HOURS IN ADVANCE.  
 Call or Text 888.869.6325 Online [www.mowncnct.org/cancel-my-meal](http://www.mowncnct.org/cancel-my-meal)

CHOICE A	12		1	2	3	4
	OR		OR	OR	OR	OR
CHOICE B			1	2	3	4
CHOICE A	7	8	9	10	11	
	OR	OR	OR	OR	OR	
CHOICE B	7	8	9	10	11	

CONTINUED ON NEXT PAGE

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

CHOICE A	14 Turkey & Cheese Lasagna Broccoli, Cauliflower & Beans Dinner Roll Mixed Fruit	15 Chicken Marsala Butternut Squash Green Beans WG Bread Old Fashioned Sugar Cookie	16 Batter Dipped Fish Nuggets Garlic Mashed Potatoes Carrots WG Bread Peaches	17 Steak Patty w/ Picadillo Sauce Sweet Potatoes Green Beans WG Bread	18 Twisted Mac & Cheese Carrots Dinner Roll
	OR	OR	OR	OR	OR
CHOICE B	14 Three Cheese Macaroni Green Beans Carrots Dinner Roll Mixed Fruit	15 Fish Filet w/ Seafood Sauce Brown Rice Corn WG Bread Peaches	16 BBQ Pork Riblet Sweet Potatoes Mixed Vegetables WG Bread Old Fashioned Sugar Cookie	17 Chicken w/ Italian Sauce Garlic Mashed Potatoes Green Beans WG Bread	18 Beef Patty w/ Gravy Mixed Vegetables Garlic Mashed Potatoes Dinner Roll

CHOICE A	21 Thai Ginger Curry Chicken Green Beans Carrots WG Bread Apple Spice Cookie	22 Cavatappi Bolognese Italian Vegetables WG Bread	23 Western Omelet Breakfast Potatoes Strawberry Apple Crisp WG Bread	24  OFFICE CLOSED	25  OFFICE CLOSED
	OR	OR	OR	OR	OR
CHOICE B	21 Meatloaf w/ Gravy Skin-on Potatoes Stewed Tomatoes WG Bread Apple Spice Cookie	22 Cuban Black Beans & Rice Whole Kernel Corn w/ Red Peppers & Carrots WG Bread	23 Macaroni & Beef Spinach Neapolitan California Blended Vegetables WG Bread	24  OFFICE CLOSED	25  OFFICE CLOSED

CHOICE A	28 BBQ Pork Riblet Sweet Potatoes Mixed Vegetables Hot Dog Bun Ketchup/Mustard Orange Juice	29 Cuban Black Beans & Rice Whole Kernel Corn with Red Peppers & Carrots WG Bread Apple Juice	30 Diced Chicken Green Beans Yellow Rice w/ Tomatoes and Chives WG Bread Applesauce		
	OR	OR	OR	OR	OR
CHOICE B	31 Beef Teriyaki Patty Rice Mixed Vegetables WG Bread Orange Juice	29 Lasagna Florentine Mixed Vegetables WG Bread Margarine Apple Juice	30 Cheese Omelet Potatoes Fruited Granola WG Bread Margarine		

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