

Meal delivery  
cancellations due  
by: **9:00 a.m.**

# November 2021

Monday

Tuesday

Wednesday

Thursday

Friday

<p><b>Nov. 1</b> Chicken, Broccoli &amp; Rice Casserole Corn Cobette Capri Blend Vegetables Tropical Fruit Juice Wheat Bread with Margarine Chocolate Chip Cookie</p>	<p><b>Nov. 2</b> Bratwurst over Sauerkraut Potato Cakes Blushing Applesauce Hot Dog Bun Rice Pudding Cup</p>	<p><b>Nov. 3</b> <b>CHOICE</b> Meatloaf with Gravy Mashed Potatoes with Gravy Green Beans with Onion Fresh Banana Wheat Bread with Margarine Animal Crackers    Lemon Meringue Pie</p>	<p><b>Nov. 4</b> Cheesy Chicken Taco Soup Sliced Carrots Warm Dinner Roll with Margarine Fresh Apple Tossed Salad    Ranch Dressing Crackers</p>	<p><b>Nov. 5</b> <b>CHOICE</b> Breaded Fish Cheesy Mashed Potatoes Stewed Tomatoes Peaches Hamburger Bun    Tartar Sauce Yellow Cake with White Icing</p>
<p><b>Nov. 8</b> Swedish Meatballs over Rotini Pasta Maple Dill Carrots Zucchini Grape Juice Wheat Bread with Margarine Tapioca Pudding Cup</p>	<p><b>Nov. 9</b> Bacon, Egg, &amp; Cheese Scramble Normandy Blend Vegetables Mixed Greens Pears Wheat Bread with Margarine Apple Streusel Bread</p>	<p><b>Nov. 10</b> <b>CHOICE</b> Chicken &amp; Noodles over Mashed Pota- Warm Apples Warm Dinner roll with Margarine Tossed Salad French Dressing Velvet Cookie</p>	<p><b>Nov. 11</b> Pot Roast with Carrots &amp; Potatoes Onion Seasoned Green Beans Yellow Squash Strawberry Applesauce Biscuit with Margarine Cheesecake with Cherry Topping</p>	<p><b>Nov. 12</b> <b>CHOICE</b> Macaroni &amp; Cheese Buttered Green Peas Cauliflower Fresh Orange Wheat Bread with Margarine Carrot Cake</p>
<p><b>Nov. 15</b> Breaded Pork Chop with Gravy Mashed Potatoes with Gravy Green Bean Casserole Fruit Cocktail Wheat Bread with Margarine Chocolate Chip Muffin</p>	<p><b>Nov. 16</b> Shredded Chicken Mixed Vegetables Diced Beets Apricots Hamburger Bun Sugar Cookie</p>	<p><b>Nov. 17</b> <b>CHOICE</b> Asian Beef &amp; Broccoli over Brown Rice Midori Blend Vegetables Coined Carrots Tropical Fruit Wheat Bread with Margarine Apple Turnover</p>	<p><b>Nov. 18</b> Salad: Lettuce, Ham, Pepperoni, Olives, Cheese, Green Pepper, Mushrooms, Tomatoes, Carrots, Banana Peppers Italian Dressing Fresh Pear    Crackers Brownie</p>	<p><b>Nov. 19</b> <b>CHOICE</b> Cheese Omelet with Sausage Bites Home Fry Seasoned Diced Potatoes Spinach Orange Juice Biscuit with Margarine &amp; Apple Butter</p>
<p><b>Nov. 22</b> Grilled Chicken with Red Sauce &amp; Cheese over Spanish Rice Corn &amp; Black Beans Steamed Broccoli Wheat Bread with Margarine Peaches    Vanilla Pudding</p>	<p><b>Nov. 23</b> Ham Salad over Shredded Lettuce Potato Salad Chilled Fruit Cocktail Hamburger Bun Peanut Butter Cookie</p>	<p><b>Nov. 24</b> <b>CHOICE</b> Roast Turkey over Stuffing &amp; Gravy Mashed Potatoes &amp; Gravy Onion Seasoned Green Beans Apples &amp; Cranberries Dinner Roll with Margarine Pumpkin Pie with Whipped Topping</p>	<p><b>Nov. 25</b> <b>CLOSED</b> <i>Happy Thanksgiving!!</i> Please use your holiday meal.</p>	<p><b>Nov. 26</b> <b>CHOICE</b> <b>CLOSED</b> <i>Happy Thanksgiving!!</i> Please use your holiday meal.</p>
<p><b>Nov. 29</b> Bacon cheeseburger with Pickle &amp; Onion Ranch Potato Wedges Caribbean Blend Vegetables Pears    Hamburger Bun Chocolate Pudding</p>	<p><b>Nov. 30</b> Chicken Cordon Bleu Potato Wedges Malibu Blend Vegetables Mandarin Oranges Dinner Roll with Margarine Graham Crackers</p>		<p><b>Modified Diet Choices</b> Cardiac    Diabetic Diverticulitis <b>Texture Choices</b> Regular    Chopped    Pureed <b>Milk Choices</b> Skim    2%    Chocolate</p>	<p><b>Choice of Entrée</b> - You must have the choice slip from your newsletter turned in by the date specified. If the choice slip is not turned in, you will receive the first item on that date.</p>

CONGREGATE SITE RESERVATIONS received the same day may not always be served what is on the menu. Please call one week in advance.

VOLUNTARY CONTRIBUTIONS FOR PERSONS AGED 60 & OLDER. THOSE UNDER AGE 60: THE CHARGE IS \$8.75 PER MEAL.

2020 Nutrition Programs are funded by: Title-III of the Older Americans Act via C.O.A.A.A., MOW Senior Services Levy, Client & Community Donations, and Agency Fundraising.

YOUR REGULAR, GENEROUS DONATIONS ARE GREATLY APPRECIATED. Participants over age 60 will not be denied Title-III funded meals due to their inability to contribute as long as funding lasts.

Ingredient information is available on our website—www.mowfc.org