

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Potato Fish 1/2c Mac N Cheese 1/2c Stewed Tomatoes Fresh Fruit Dinner Roll Margarine	3oz Chicken Outlet with 2oz Country White Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables Wheat Bread Blushed Fruit Margarine	4oz Sweet & Sour Pork 1/2c White Rice 1/2c Peas & Carrots Wheat Bread Fresh Fruit Margarine	Meatball Sub (3 Meatballs) w/ 1oz Mozzarella Cheese 1/2c Potato Salad 1/2c Side Salad w/ Dressing Hot Dog Bun Fresh Fruit	3oz Grilled Chicken w/ 1oz Shredded Cheese 1/2c Rotini w/ Sauce 1c Tossed Salad w/ Tomato 1 Garlic Breadstick 1/2c Applesauce
10	11	12	13	14
Chicken Paprikash w/ Creamy Tomato Sauce 1/2c White Rice 1/2c Mixed Vegetables Whole Wheat Bread Fresh Fruit	Happy Veteran's Day! 1c Winter Beef Stew 1/2c Green Beans 1 biscuit Apples sauce	3oz Pot Roast w/ 2oz Gravy 1/2c Mashed Potatoes 1/2c Coin Carrots 1 Italian Bread 1/2c Peach Crisp Margarine	Grilled chicken salad (2oz Grilled Chicken, 1oz Cheese) 1c Lettuce, 2oz Tomato 1/2c Broccoli Salad Breadstick 1/2c chocolate pudding	Stadium Hot Dog w/ 1oz Chili 1/2c Roasted Sweet 1/2c Peas 1 Hot Dog Roll 1/2c Pineapple & Mandarin <u>Oranges</u>
17	18	19	Thanksgiving Special! 20	21
French Dip Sandwich w/ 2oz Au Jus 2oz Beef, 1oz Mozzarella 1/2c Garlic Parsley Potatoes 1/2c Green Beans 1/2c Mandarin Oranges Hoagie Bun and Margarine	3oz Roast Beef w/ 2oz Gravy 1/2c Mashed Potatoes 1/2c Carrots Whole Wheat Bread 1 Cookie Margarine	Fish Sandwich w/ Tartar Sauce 1/2c Coleslaw 1/2c Broccoli Salad 1/2c Blushed Fruit Hamburger Bun	3oz Roast Turkey w/ 2oz Gravy 2oz Bread Stuffing 2c Whipped Potatoes w/ Chives 1/2c Corn Dinner Roll Pumpkin Pie	Vegetable Lasagna 1c Tossed Salad w/ Egg 1/2c Green Beans 1 Dinner Roll 1 Cookie
24	25	26	Happy Thanksgiving!	28
Cheeseburger 1/2c BBQ Baked Beans 1 Hamburger Bun 1/2c Potato Salad 1/2c Mandarin Oranges	Chicken Taco Salad 3oz Taco Meat, .5 oz Salad Mix, Salsa, Ranch 1/2c Elote Corn 1/2c Yellow Rice 1/2c Pineapple	4oz Sweet & Sour Pork 1/2c White Rice 1/2c Peas & Carrots Wheat Bread Fresh Fruit Margarine	<i>Closed for Thanksgiving No Meals on Wheels</i>	<i>Closed for Day after Thanksgiving No Meals on Wheels</i>
			<i>*1/2 milk served with every meal</i>	<i>To skip or cancel your meals Please contact 610-374-3195 Ext. 220</i>
			<i>*menu subject to change</i>	