



# November 2022 Meals on Wheels Menu



*Kane Center*

	<b>Tuesday 11/1/22</b>	<b>Wednesday 11/2/22</b>	<b>Thursday 11/3/22</b>	<b>Friday 11/4/22</b>
	CHICKEN PARMESAN W/PASTA SUMMER SQUASH MIXED VEGETABLES *+ BREAD FRUIT CUP+ MARGARINE MILK	GROUND BEEF MAC & CHEESE STEWED TOMATOES BABY GREEN PEAS+ BREAD CINAMMON APPLES+ MARGARINE MILK	TERIYAKI PORK RICE* SAUTEED GREEN BEANS+ SAUTEED CARROTS * BREAD MANDARIN ORANGES+ MARGARINE MILK	SMOTHERED CHICKEN RICE BEETS BROCCOLI AND CARROTS*+ BREAD CINNAMON APPLES+ MARGARINE MILK
<b>Monday 11/7/22</b>	<b>Tuesday 11/8/22</b>	<b>Wednesday 11/9/22</b>	<b>Thursday 11/10/22</b>	<b>Friday 11/11/22</b>
BEEF PATTY MELT w/onions & CRISPY POTATO CUBES SPINACH* BREAD ORANGE + MARGARINE MILK	SALISBURY STEAK RED GARLIC POTATOES CARROTS* BREAD CINNAMON APPLES+ MARGARINE MILK	MEAT & CHEESE LASAGNA SAUTEED CARROTS* SLICED PEACHES* MARGARINE BREAD MILK	MEATLOAF MASHED POTATOES CHOPPED SPINACH* BREAD MANDARIN ORANGES+ MARGARINE MILK	SOUTHERN PULLED PORK BBQ BAKED BEANS SAUTEED COLLARD GREENS* BREAD SLICED PEACHES* MARGARINE MILK
<b>Monday 11/14/22</b>	<b>Tuesday 11/15/22</b>	<b>Wednesday 11/16/22</b>	<b>Thursday 11/17/22</b>	<b>Friday 11/18/22</b>
POLISH SAUSAGE BRAISED CABBAGE+ POTATOES & 1/2 CUP BAKED BE HOT DOG ROLL PINEAPPLE TIDBITS* MARGARINE MILK	BEEF STROGANOFF BUTTERED NOODLES CALIFORNIA BLEND*+ BREAD FRUIT CUP+ MARGARINE MILK	BBQ CHICKEN QUARTERS SWEET POTATO* SAUTEED GREEN BEANS+ BREAD PEARS + MARGARINE MILK	SALISBURY STEAK RED GARLIC POTATOES CARROTS* BREAD CINNAMON APPLES+ MARGARINE MILK	BAKED HAM ROAST YAMS* COLLARD GREENS+ BREAD APPLE SAUCE+ MARGARINE MILK
<b>Monday 11/21/22</b>	<b>Tuesday 11/22/22</b>	<b>Wednesday 11/23/22</b>	<b>Thursday 11/24/22</b>	<b>Friday 11/25/22</b>
CHICKEN CACCIATORE PASTA MIXED VEGETABLES*+ BREAD BANANA+ MARGARINE MILK	CHILI OVER RICE CORN NIBLETS BRAISED SPINACH * BREAD MANDARIN ORANGES+ MARGARINE MILK	ROSEMARY PORK GARLIC HERB POTATOES BRUSSEL SPROUTS+ BREAD FRUIT COCKTAIL+ MARGARINE MILK	<b>CLOSED IN OBSERVANCE OF THANKSGIVING DAY</b>	<b>CLOSED IN OBSERVANCE OF THE DAY AFTER THANKSGIVING DAY</b>
<b>Monday 11/28/22</b>	<b>Tuesday 11/29/22</b>	<b>Wednesday 11/30/22</b>		
ORANGE CHICKEN RICE ORIENTAL VEGETABLES+ BREAD APPLE SAUCE+ MARGARINE MILK	BACON MAC & CHEESE STEWED TOMATOES BABY GREEN PEAS+ BREAD CINAMMON APPLES+ MARGARINE MILK	STEWED CHICKEN RICE CORN BROCCOLI AND CARROTS*+ BREAD CINNAMON APPLES+ MARGARINE MILK		<b>WE VALUE YOUR OPINION!! PLEASE CALL US AT 223-7825 OR 223-7826 WITH YOUR FEEDBACK. YOU!</b>
<b>Meal Pattern Requirement: (Meals provide a minimum of 1/4 RDA).</b> Meat or alternative = 4oz cooked, edible portion Vegetables and Fruit= 4(1/1) portions Bread or equivalent = 1 serving Fat = 1 teaspoon				<b>MEALS SERVED WITH 2% MILK</b>  <b>MENU SUBJECT TO CHANGE WITHOUT NOTICE</b>
*denotes vitamin A requirement. +denotes vitamin C requirements				

