



# Meals On Wheels

*Meals are just our first course!*

## November 2015 Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<ul style="list-style-type: none"> <li>• Macaroni &amp; Cheese</li> <li>• Stewed Tomatoes</li> <li>• Italian Blend Vegetables</li> <li>• Lemon Pudding w/Whipped Topping</li> <li>• DIAB-Sf Pudding</li> </ul>	<ul style="list-style-type: none"> <li>• Apricot Glazed Chicken</li> <li>• Cauliflower</li> <li>• Mashed Yams</li> <li>• Ice Cream</li> <li>• DIAB-Sf Ice Cream</li> </ul>	<ul style="list-style-type: none"> <li>• Meatballs w/Tomato Sauce</li> <li>• Navy Bean Soup</li> <li>• Broccoli</li> <li>• Wheat Penne</li> <li>• Cake</li> <li>• DIAB-Vanilla Wafers</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Marsala</li> <li>• Brown Rice</li> <li>• Peas</li> <li>• Fresh Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Pork w/Gravy</li> <li>• Lentil Soup</li> <li>• Red Mashed Potatoes</li> <li>• Red Cabbage</li> <li>• Applesauce</li> </ul>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<ul style="list-style-type: none"> <li>• Lemon Chicken</li> <li>• Chicken Noodle Soup</li> <li>• Baked Yams</li> <li>• California Blend Vegetables</li> <li>• Pineapple Chunks</li> </ul>	<ul style="list-style-type: none"> <li>• Baked Fish w/Pineapple Salsa</li> <li>• Brown Rice</li> <li>• Sautéed Spinach</li> <li>• Fresh Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Stuffed Rigatoni Bolognese</li> <li>• Minestrone Soup</li> <li>• Fresh Zucchini</li> <li>• Flag Cake</li> <li>• DIAB-Vanilla Wafers</li> </ul>	<ul style="list-style-type: none"> <li>• Meatloaf w/Gravy</li> <li>• Mashed Potatoes</li> <li>• Braised Cabbage</li> <li>• Tropical Fruit Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Chef's Stew</li> <li>• Cream of Mushroom Soup</li> <li>• Bow Tie Noodles</li> <li>• Green Beans</li> <li>• Fresh Fruit</li> </ul>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<ul style="list-style-type: none"> <li>• Chicken Cutlet Parmesan</li> <li>• Whole Wheat Penne Pasta</li> <li>• Zucchini / Tomatoes</li> <li>• Peaches</li> </ul>	<ul style="list-style-type: none"> <li>• Macaroni &amp; Cheese</li> <li>• Split Pea Soup</li> <li>• Stewed Tomatoes</li> <li>• Fresh Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Stuffed Peppers</li> <li>• Mashed Potatoes</li> <li>• Mixed Vegetables</li> <li>• Birthday Cake</li> <li>• DIAB-Sf Cookie</li> </ul>	<p><b>THANKSGIVING</b></p> <ul style="list-style-type: none"> <li>• Turkey w/Gravy</li> <li>• Cranberry Sauce</li> <li>• Apple Cider</li> <li>• Stuffing</li> <li>• Mashed Yams</li> <li>• Brussel Sprouts</li> <li>• Apple / Pumpkin Pie</li> </ul>	<ul style="list-style-type: none"> <li>• Baked Fish Oreganata</li> <li>• Orzo w/Mushrooms</li> <li>• Peas</li> <li>• Fresh Fruit</li> </ul>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<ul style="list-style-type: none"> <li>• Chicken Cacciatore</li> <li>• Chicken Noodle Soup</li> <li>• Oven Browned Potatoes</li> <li>• California Blend</li> <li>• Fruit Cocktail</li> </ul>	<ul style="list-style-type: none"> <li>• Turkey Chili Con Carne w/Shredded Cheese</li> <li>• Rice</li> <li>• Tossed Salad</li> <li>• Fresh Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Barbequed Chicken</li> <li>• Vegetable Soup</li> <li>• Corn</li> <li>• Spinach</li> <li>• Cake</li> <li>• DIAB-Sf Cookie</li> </ul>	<b>CENTERS CLOSED</b>	<b>CENTERS CLOSED</b>
<b>30</b>				
<ul style="list-style-type: none"> <li>• Stuffed Peppers</li> <li>• Mashed Potatoes</li> <li>• Carrots</li> <li>• Peaches</li> </ul>				