


# Meals on Wheels Menu - NOVEMBER 2024

For Changes / Questions Contact: Jamie at 651-653-3123; Text: 612-430-9614; MealsonWheels@isd624.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN	
				1	2	3	
All meals have the choice of 1% Milk or a juice variety					BBQ Chicken brown rice, veggie blend, pineapple cup, dessert	Spaghetti w/ Meat Sauce  Delivered: Thu, 10/31	Southwest Turkey Bowl  Delivered: Thu, 10/31
4	5	6	7 – COLD!	8	9	10	
Ginger Honey Glazed Pork brown rice, broccoli, fruit cup, dessert <b>ALT: Ginger Glazed Chicken</b>	Chicken Wild Rice Soup green beans, fruit cup, dessert	Tuna Casserole wheat egg noodles, veggie blend, dessert <b>ALT: Chicken Casserole</b>	Harvest Salad fruit cup dessert	Pot Roast dinner roll, veggies, fruit cup	Baked Ham  Delivered: Thu, 11/7	Sweet & Sour Chicken Delivered: Thu, 11/7	
11	12	13	14	15	16	17	
Beef Sloppy Joe hamburger bun, roasted potato hash, broccoli, fruit cup	Southwest Turkey Bowl black beans & rice, Italian veggie blend, fruit cup, dessert	Chicken Dumpling Stew green beans, fruit cup, dessert	Baked Fish w/ Herb Sauce barley risotto, Brussel's sprouts, fruit cup, dessert <b>ALT: Baked Chicken</b>	Beef Lasagna mixed veggie blend, peach cup	Baked French Toast  Delivered: Thu, 11/14	Salisbury Steak  Delivered: Thu, 11/14	
18	19	20	21 – COLD!	22	23	24	
Garlic Salmon Bowl brown rice, edamame, fruit cup, dessert <b>ALT: Garlic Chicken Bowl</b>	Macaroni & Cheese California veggie blend, dessert	Spaghetti w/ Meat Sauce veggie blend, peach cup, dessert	Beet & Arugula Salad w/ Chicken applesauce	Baked Ham w/ Mustard Apple Glaze mashed potatoes, green beans, roll, fruit cup <b>ALT: Baked Chicken</b>	Beef Sloppy Joe  Delivered: Thu, 11/21	Three Cheese Pasta w/ Turkey  Delivered: Thu, 11/21	
25	26	27	28 – CLOSED!	29 – CLOSED!	30	1	
Lentil Taco Bowl Spanish rice, mixed veggie blend, pear cup	Salisbury Steak wheat egg noodles, mushroom gravy, peas & carrots, fruit cup	Coconut Curry Fish white rice, peas, dessert <b>ALT: Coconut Curry Chicken</b>	Turkey Dinner whole wheat stuffing, gravy, green beans, dessert <b>Delivered: Wed, 11/27</b>	Greek Chicken Pasta wheat pasta, diced carrots, applesauce, dessert <b>Delivered: Wed, 11/27</b>	Meatloaf  Delivered: Wed, 11/27	Beef Lasagna  Delivered: Wed, 11/27	

**NOVEMBER CHOICE MEALS:** 1. Chicken Wild Rice Soup 2. Meatloaf 3. Squash Casserole 4. Baked Fish with Herb Sauce