




Meals on Wheels

November 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday – MOW Only
	Gift Certificates Are Available at West Central Industries Call 320-235-5310 Ext. 219			November 1 Hamburger Goulash Elbow Noodles Cauliflower Garlic Bread/Margarine Peaches Milk	November 2 <u>Cook's Choice Frozen Dinner</u> Meat & Potatoes Vegetable Fruit Sauce Bread/Margarine Milk or Juice
November 4	November 5	November 6	November 7	November 8	November 9
Creamed Chicken Mashed Potatoes Country Blend Vegetables Fruit Cup Pudding Milk	Hamburger Baked Beans Cole Slaw Bun/Margarine Oatmeal Cookie Milk	Chef's Choice Choice Potatoes Choice Vegetable Bread/Margarine Choice Dessert Milk	Beef Stroganoff Noodles Mandarin Oranges Mixed Vegetables Cake Milk	Pork Chop & Gravy Whole Potatoes Carrots Dinner Roll/Margarine Lemon Mousse Milk	<u>Cook's Choice Frozen Dinner</u> Meat & Potatoes Vegetable Fruit Sauce Bread/Margarine Milk or Juice
November 11	November 12	November 13	November 14	November 15	November 16
Salisbury Steak Parsied Whole Potatoes Squash Bread/Margarine Blushing Pears Milk	Chicken w/Creamy Mushroom Gravy Noodles Broccoli Fruit Cocktail Pudding Milk	BBQ Pork Scalloped Potatoes Peas Bun/Margarine Poke Cake Milk	Tator Tot Casserole Broccoli Raisin Salad Mixed Vegetables Garlic Bread/Margarine Bar Milk	Chef's Choice Choice Potato Choice Vegetable Bread/Margarine Choice Dessert Milk	<u>Cook's Choice Frozen Dinner</u> Meat & Potatoes Vegetable Fruit Sauce Bread/Margarine Milk or Juice
November 18	November 19	November 20	Early Thanksgiving Dinner Nov. 21	November 22	November 23
Fish Sandwich Bun/Margarine Cole Slaw Fresh Fruit Cookie Milk	Roast Beef Mashed Potatoes & Gravy Peas Dinner Roll/Margarine Fruit Crisp w/Whipped Topping Milk	Honey Mustard Chicken Breast Baked Potato w/Sour Cream Beets Bread/Margarine Cake Milk	Roast Turkey Mashed Potatoes & Gravy Green Bean Casserole Cranberry Sc. Garnish Bread/Margarine Pumpkin Dessert Milk	Swedish Meatballs Paprika Potatoes Country Blend Vegetables Bread/Margarine Ice Cream Milk	<u>Cook's Choice Frozen Dinner</u> Meat & Potatoes Vegetable Fruit Sauce Bread/Margarine Milk or Juice
November 25	November 26	November 27	November 28	November 29	November 30
Lemon Pepper Fish Baked Potato w/Sour Cream Carrots Coins Dinner Roll/Margarine Pudding Milk	Baked Ham w/Raisin Sauce Au Gratin Potatoes Winter Blend Vegetables Bread/Margarine Lime Jello with Pears Milk	Meatloaf w/Ketchup Whole Red Potatoes Stewed Tomatoes Bread/Margarine Mandarin Oranges Milk	<i>Closed for Thanksgiving Day</i>	WCI is closed today in observance of Thanksgiving	<u>Cook's Choice Frozen Dinner</u> Meat & Potatoes Vegetable Fruit Sauce Bread/Margarine Milk or Juice