



November 2023 Meals on Wheels

Be sure to give your choices to your driver **BY THE 10th OF THE MONTH**
 in order to receive your chosen meals. Please keep this copy for your records

All holiday meals are packed fresh, stored and delivered frozen to ensure quality. Holidays are denoted in the calendar below

Monday	Tuesday	Wednesday	Thursday	Friday	2 Pack Frozen Meals
		1 A. Beef Stew Cauliflower B. Baked Ziti Parmesan Broccoli Cauliflower	2 A. Sloppy Joe Tater Tots Creamed Corn B. Maple Glazed Ham Scalloped Potatoes Spiced Peaches	3 A. Chicken Alfredo Fettuccine Noodles Carrots Broccoli B. Western Omelet Potatoes O'Brien Cinnamon Apples	Pack 2 A Pack 2 C
6 A. Cheeseburger Corn Baked Beans B. Chicken & Dumplings Beets Corn	7 A. Chicken Parmesan Broccoli Carrots B. Swedish Meatballs Broccoli Carrots	8 A. Mac & Cheese Stewed Tomatoes Peas B. Ham and Cheese Quiche Diced Potatoes Cinnamon Apples	9 A. Chili Corn Cinnamon Apples B. Chicken Salad Three Bean Salad Peaches	10 A. Stuffed Shells Broccoli Carrots B. Soup Beans with Ham Steak Fries Fruit	Pack 2 A Pack 2 C
13 A. Chopped Steak/Gravy Mashed Potatoes Green Beans B. Fried Chicken Mashed Potatoes Green Beans	14 A. Pineapple Chicken Baby Bakers Mixed Vegetables B. Kielbasa with Kraut Mashed Potatoes	15 A. Picante Chicken Au gratin Potatoes Brussels Sprouts B. Roast Pork Au gratin Potatoes Brussels Sprouts	16 A. Meatloaf Baby Bakers Green Beans B. Country Fried Steak Mashed Potatoes Green Beans	17 A. Ham Salad Beets Pears B. BBQ Riblet Sweet Tater Puffs Peas	Pack 2 A Pack 2 C
20 A. Lasagna Spinach Corn B. Spaghetti with Meatballs Corn	21 A. Chicken Marsala Carrots Peas B. Beef Ravioli Carrots Peas	22 A. Stuffed Peppers Lima Beans B. Beef Stew Beets	23 Sliced Turkey Gravy Carved Yams Orange and Cranberry Sauce Pumpkin Pie Happy Thanksgiving!	24 Chicken Wings Sweet Tater Puffs Corn	Pack 2 A Pack 2 C
27 Manager's Choice	28 Manager's Choice	29	30		Pack 2 A Pack 2 C
* *Milk, butter, bread, and fruit will be provided with all meals** * Diabetics- will receive non starchy vegetable If you have any questions, please give us a call at 513-867-6222			2 Pack Frozen Meal Choice		
			Pack 2 A	Pack 2 B	Pack 2 C
			We will not be offering a frozen pack choice this month. You will receive frozen meals based on availability.		Manager Choice Meals produced in house.