

November 2017

Meals on Wheels (623) 931-7436

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	MILK SERVED DAILY: 1/2 PINT		1 Grilled Chicken & Pasta Italian Mix Veg. Stewed Tomatoes Fruit/Dessert	2 Lemon Peppered Fish Baby Carrots Fiesta Blend Veg. Fruit/Dessert	3 NO LUNCH SERVED	4
5	6 Creamy Chicken & Rice Brussel Sprouts Carrot Coins Fruit/Dessert	7 Best Beef Pot Pie Country Mix Veg. Broccoli Fruit/Dessert	8 Jazzy Jambalaya Caribbean Blend Veg. Okra Fruit/Dessert	9 Savory Turkey Chili & Beans Calif Blend Veg. Fruit/Dessert	10 NO LUNCH SERVED	11
12	13 Tasty Baked Tilapia Baked Sweet Potatoes Normandy Blend Veg. Fruit/Dessert	14 Chicken Parmigiana Sicilian Blend Veg. Garden Salad Fruit/Dessert	15 Beef Stuffed Pepper Midori Blend Veg. Mandarin Mix Veg. Fruit/Dessert	16 Traditional Thanksgiving Lunch	17 NO LUNCH SERVED	18
19	20 Herb Roasted Chicken Buttered Corn Red Potatoes Fruit/Dessert	21 Picnic Hamburger French Fries Baked Beans Fruit/Dessert	22 Yummy Teriyaki Chicken Egg Roll Asian Blend Veg. Fruit/Dessert	23 HOLIDAY NO LUNCH SERVED	24 NO LUNCH SERVED	25
26	27 Hearty Beef Stew Country Blend Veg. Cauliflower Fruit/Dessert	28 Healthy Chef Salad (meat,ch,egg,tom,let) Beets Fruit/Dessert	29 Layered Lasagna Tuscany Blend Veg. Broccoli Fruit/Dessert	30 *Pesto Chicken* Asparagus Sicilian Blend Veg. Fruit/Dessert	*may contain nuts*	

****YWCA MENU~ SUBJECT TO CHANGE****