



November 2019

Meals on Wheels 623-931-7436

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	MILK SERVED DAILY: ½ Pint		Meals are delivered from 10:15-1:30 Monday-Thursday		NO LUNCH SERVED	
3	4 Beef Goulash Winterblend Veg. Mixed Veg. Chilled Pears	5 Pork Carnitas Normandy Blend Veg. Refried Beans Fresh Fruit	6 Chicken Pot Pie w/ country mix Veg. Tuscany Blend Veg. Warm Apple Slices	7 Beef Chili w/beans Cornbread Carrot Coins Applesauce	NO LUNCH SERVED	8 9
10	11 HOLIDAY NO LUNCH SERVED	12 Veal Parmigiana Sicilian Blend Veg. Italian Green Beans Fresh Fruit	13 Chicken Tostada Scandinavian Blend Veg. Spanish Rice Sliced Pears	14 Beef Stuffed Pepper Caribbean Blend Veg. Country Mix Veg. Chilled Peaches	NO LUNCH SERVED	15 16
17	18 Green Pepper Steak Asian Blend Veg. Zucchini & Squash Mandarin Oranges	19 Herb Roasted Chicken Stewed Tomatoes Cauliflower Fresh Fruit	20 Lasagna Italian Mix Veg. Peas & Carrots Peach Slices	21 Traditional Thanksgiving Lunch	NO LUNCH SERVED	22 23
24	25 Chicken Alfredo Snap Peas Bermuda Mix Veg. Pineapple Tidbits	26 Beef Stew w/ Homestyle Stew Mix Veg. Broccoli Fresh Fruit	27 BBQ Pulled Pork Dilled Carrots Seasoned Potatoes Fruited Yogurt	28 HOLIDAY NO LUNCH SERVED	NO LUNCH SERVED	29 30

**YWCA Menu Subject to Change