

Natrona County Meals On Wheels Menu

November 2022

Questions? Call us, **265-8659**
(All meals are served with 8 oz. milk)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31-Oct BBQ Country Style Ribs Scalloped Potatoes Monaco Blend Vegetable Cobb Salad Prunes Wheat Bread Milk	1-Nov Baked Steak Teriyaki w/Noodles Stir Fry Vegetables Asian Salad Mandarin Oranges Wheat Bread Milk	2-Nov Baked Salmon Oven Roasted Redskin Potatoes Asparagus Garden Vegetable Salad Apricot Wheat Bread Milk	3-Nov Meatloaf Baked Potatoes Winter Blend Vegetables Spinach Salad Fresh Fruit Wheat Roll Milk	4-Nov Chicken & Noodles Peas & Carrots Mixed Vegetable Salad Raisins Wheat Bread Milk
7-Nov Baked Beef Minestrone Lima Beans Sliced Apples Yogurt Wheat Bread Milk	8-Nov Chicken Breast Mashed Potatoes w/Gravy Key Biscayne Blend Vegetable Bacon, Broccoli Salad with Raisins Tropical Fruit Wheat Bread Milk	9-Nov Macaroni & Cheese Tuscan Blend Vegetable Green Pepper Slaw Pears Wheat Bread Milk	10-Nov Roast Beef Sweet Potato Cape Cod Blend Vegetable Mediterranean Salad Fresh Fruit Wheat Roll Milk	11-Nov Chuckwagon Steak Mashed Potato w/Gravy 5-Way blend Vegetable Garden Bounty Salad Prunes Wheat Bread Milk
14-Nov Goulash Carrots Green Bean & Tomato Salad Mandarin Oranges Wheat Bread Milk	15-Nov Parmesan Breaded Pork Chop Mashed Potatoes w/Gravy Spinach Italian Vegetable Salad Pineapple Wheat Bread Milk	16-Nov Chicken Alfredo Green Beans Zucchini, Mushroom Salad Plums Wheat Bread Milk	17-Nov Roast Beef Mashed Potato w/Gravy Yellow Squash Creamy Veggie Chopped Salad Fresh Fruit Wheat Rolls Milk	18-Nov Baked Breaded Fish Potato Wedge Broccoli Tossed Green Salad Mixed Berries Wheat Bread Milk
21-Nov Crunchy Garlic Chicken Mashed Potato w/Gravy Capri Blend Vegetable Fruit Salad Supreme Pudding Wheat Bread Milk	22-Nov Green Chili Stew Mexican Rice Coleslaw Peaches Tortilla V-8 Juice Milk	23-Nov Ham Red Buttered Potatoes Scandinavian Blend Vegetable Vegetable Salad w/Blue Cheese Fresh Fruit Wheat Bread Milk	24-Nov **HAPPY THANKSGIVING** Turkey Dressing Carrots Cranberry Waldorf Salad Pumpkin Pie w/Cool Whip Wheat Roll Milk	25-Nov Swedish Meatballs Over Pasta Rancho Fiesta Blend Marinated Garden Salad Fruit Cocktail Wheat Bread Milk