

Natrona County Meals On Wheels Menu

November 2023

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30-Oct BBQ Country Style Ribs Scalloped Potatoes Monaco Blend Vegetable Cobb Salad Prunes Wheat Bread Milk	31-Oct Baked Steak Teriyaki w/Noodles Stir Fry Vegetables Asian Salad Mandarin Oranges Wheat Bread Milk	1-Nov Baked Salmon Oven Roasted Redskin Potatoes Asparagus Garden Vegetable Salad Apricot Wheat Bread Milk	2-Nov Meatloaf Baked Potatoes Winter Blend Vegetables Spinach Salad Fresh Fruit Wheat Roll Milk	3-Nov Chicken & Noodles Peas & Carrots Mixed Vegetable Salad Raisins Wheat Bread Milk
6-Nov Baked Beef Minestrone Lima Beans Sliced Apples Yogurt Wheat Bread Milk	7-Nov Chicken Breast Mashed Potatoes w/Gravy Key Biscayne Blend Vegetable Bacon, Broccoli Salad with Raisins Tropical Fruit Wheat Bread Milk	8-Nov Macaroni & Cheese Tuscan Blend Vegetable Green Pepper Slaw Pears Wheat Bread Milk	9-Nov Pork Roast Sweet Potato Cape Cod Blend Vegetable Mediterranean Salad Fresh Fruit Wheat Roll Milk	10-Nov Chuckwagon Steak Mashed Potato w/Gravy 5-Way blend Vegetable Garden Bounty Salad Prunes Wheat Bread Milk
13-Nov Goulash Carrots Green Bean & Tomato Salad Mandarin Oranges Wheat Bread Milk	14-Nov Parmesan Breaded Pork Chop Mashed Potatoes w/Gravy Spinach Italian Vegetable Salad Pineapple Wheat Bread Milk	15-Nov Chicken Alfredo Green Beans Zucchini, Mushroom Salad Plums Wheat Bread Milk	16-Nov Roast Beef Mashed Potato w/Gravy Yellow Squash Creamy Veggie Chopped Salad Fresh Fruit Wheat Rolls Milk	17-Nov Baked Breaded Fish Potato Wedge Broccoli Tossed Green Salad Mixed Berries Wheat Bread Milk
20-Nov Crunchy Garlic Chicken Mashed Potato w/Gravy Capri Blend Vegetable Fruit Salad Supreme Pudding Wheat Bread Milk	21-Nov Green Chili Stew Mexican Rice Lettuce & Tomato Salad Peaches Tortilla V-8 Juice Milk	22-Nov Ham Red Buttered Potatoes Scandinavian Blend Vegetable Mediterranean Marinated Vegetable Salad Fresh Fruit Wheat Bread Milk	23-Nov **HAPPY THANKSGIVING** Turkey Dressing Carrots Cran-Apple Salad Pumpkin Pie w/Cool Whip Wheat Roll Milk	24-Nov Swedish Meatballs Over Pasta Rancho Fiesta Blend Marinated Garden Salad Fruit Cocktail Wheat Bread Milk
27-Nov Sloppy Joe Curly Fries 5-Way Blend Vegetable Coleslaw Plums Wheat Buns Milk	28-Nov Pork Chop w/Mushroom Gravy Mashed Potatoes w/Gravy Winter Blend Vegetable Vegetable Salad w/Blue Cheese Applesauce Wheat Bread Milk	29-Nov Lamb Roast Baked Potatoes Asparagus Creamy Cucumber Salad Pears Wheat Bread Milk	30-Nov Baked Chicken Mashed Potatoes w/Gravy Oregon Medley Blend Vegetable Tossed Green Salad Fresh Fruit Wheat Rolls Milk	1-Dec Beef Stew Zucchini Cottage Cheese Sliced Apples Wheat Bread Milk

This menu may be changed at any time. Substitutions are made based on product availability or to satisfy the requirements of therapeutic diets.