

Natrona County Meals On Wheels Menu

November 2024

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4-Nov BBQ Country Style Ribs Scalloped Potatoes Prince Edward Vegetable Blend Cobb Salad Peaches Wheat Bread Milk	5-Nov Baked Steak Teriyaki w/Noodles Stir Fry Vegetables Asian Salad Mandarin Oranges Wheat Bread Milk	6-Nov Baked Salmon Oven Roasted Redskin Potatoes Asparagus Garden Vegetable Salad Apricot Wheat Bread Milk	7-Nov Meatloaf Baked Potatoes Winter Blend Vegetables Spinach Salad Fresh Fruit Wheat Roll Milk	8-Nov Chicken & Noodles Peas & Carrots Mixed Vegetable Salad Raisins Wheat Bread Milk
11-Nov ****Closed***Veterans Day*** Meals will be delivered Thursday November 7th Pasta O's w/Beef Applesauce Strawberry Nutrigrain Bar Orange Tang Juice	12-Nov Chicken Breast Mashed Potatoes w/Gravy Key Biscayne Blend Vegetable Bacon, Broccoli Salad with Raisins Tropical Fruit Wheat Bread Milk	13-Nov Macaroni & Cheese Tuscan Blend Vegetable Green Pepper Slaw Pears Wheat Bread Milk	14-Nov Pork Roast Sweet Potato Cape Cod Blend Vegetable Mediterranean Salad Fresh Fruit Wheat Roll Milk	15-Nov Chuckwagon Steak Mashed Potato w/Gravy 5-Way blend Vegetable Garden Bounty Salad Peaches Wheat Bread Milk
18-Nov Goulash Carrots Green Bean & Tomato Salad Mandarin Oranges Wheat Bread Milk	19-Nov Parmesan Breaded Pork Chop Mashed Potatoes w/Gravy Spinach Italian Vegetable Salad Pineapple Wheat Bread Milk	20-Nov Chicken Alfredo Green Beans Zucchini, Mushroom Salad Peaches Wheat Bread Milk	21-Nov Roast Beef Mashed Potato w/Gravy Yellow Squash Creamy Veggie Chopped Salad Fresh Fruit Wheat Rolls Milk	22-Nov Baked Breaded Fish Potato Wedge Broccoli Tossed Green Salad Mixed Berries Wheat Bread Milk
25-Nov Crunchy Garlic Chicken Mashed Potato w/Gravy Capri Blend Vegetable Fruit Salad Supreme Pudding Wheat Bread Milk	26-Nov Green Chili Stew Mexican Rice Lettuce & Tomato Salad Peaches Tortilla V-8 Juice Milk	27-Nov Ham Red Buttered Potatoes Scandinavian Blend Vegetable Mediterranean Marinated Vegetable Salad Fresh Fruit Wheat Bread Milk	28-Nov **HAPPY THANKSGIVING** Turkey Dressing Carrots Cranberry Watergate Salad Pumpkin Pie w/Cool Whip Wheat Roll Milk	29-Nov Swedish Meatballs Over Pasta Rancho Fiesta Blend Marinated Garden Salad Fruit Cocktail Wheat Bread Milk

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