November Cold Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 ISLAND CRAB PASTA SALAD 27gm COTTAGE CHEESE 3gm MANDARIN ORANGES 13gm WHOLE GRAIN ROLL 35gm	**3** FRESH CUT VEGETABLES 5gm HERBED CREAM CHEESE 2gm HARD BOILED EGG 1gm CARROT & RAISIN SLAW 7gm WHOLE GRAIN ROLL 35gm	**4** ROAST BEEF & CHEDDAR LEAF LETTUCE COTTAGE CHEESE 3gm TROPICAL FRUIT 11gm WHOLE GRAIN BUN 48gm	**5** ASIAN CHICKEN SALAD 4GM CAULIFLOWER SALAD 12GM MANDARIN ORANGES 13gm CHOW MEIN NOODLES 9GM	**6** MEDITERRANEAN TURKEY 17gm PEACHES 8gm MOZZARELLA CHEESE CUBES 42gm WHOLE GRAIN ROLL 35gm
9 TURKEY TWIST PASTA 20GM APPLESAUCE 11gm CORN BLACK BEAN SALAD 27GM WHOLE GRAIN ROLL 35GM	**10** VEGETABLE TACO SALAD 29GM COTTAGE CHEESE 3GM RED FLAME GRAPES 14GM TORTILLA CHIPS 20GM SALSA AND RANCH PACKETS	**11** SPICY CHICKEN WRAP 23gm THREE BEAN SALAD 13gm TROPICAL FRUIT 11GM	**12** HONEY CINNAMON CREAM CHEESE 8 gm RED GRAPES 13gm BROCCOLI SALAD 10gm WHOLE WHEAT BAGEL 33gm	**13** ASIAN SEAFOOD SALAD 10GM CARROT AND RAISIN SLAW 7GM MIXED FRUIT 11GM WHOLE GRAIN ROLL 35GM
16 CHICKEN PESTO PASTA SALAD 28gm MAR. TOMATOES & ONION 3gm FRUIT COCKTAIL 13gm WHOLE GRAIN ROLL 35gm	**17** TUNA SALAD 12GM MIXED GREENS, EGGS, TOMATOES GARBANZO BEAN SALAD 23GM PINEAPPLE TIDBITS 12GM WHOLE WHEAT ROLL 35GM	**18** TURKEY PESTO WRAP 19GM APPLESAUCE 11gm MARINATED TOMATOES 2gm	**19** ZESTY BEEF PASTA SALAD 12GM MARINATED CUCUMBERS 2GM THREE BEAN SALAD 13GM WHOLE GRAIN ROLL 35GM	**20** CHICKEN SALAD ON LEAF LETTUCE CANTALOPE SLICE 9gm ZUCCHINI SLAW 7gm APPLE SAUCE 11gm WHOLE WHEAT CRACKERS 35gm
23 TUNA ROTINI PASTA SALAD 26GM WINTERBEAN SALAD 16GM STRAWBERRY YOGURT 9GM WHOLE GRAIN ROLL 35GM	**24** CHEF SALAD WITH TURKEY EGGS, AND TOMATOES 3GM COTTAGE CHEESE 3GM MANDARIAN ORANGES 13GM CROUTONS 5GM	**25** EGG SALAD,GREENS, TOMATO BROCCOLI SALAD 10gm APPLE SAUCE 11GM WHOLE GRAIN ROLL 35gm	**26** THANKSGIVING MSS CLOSED	**27** THANKSGIVING MSS CLOSED
30 PEPPERONI PASTA SALAD 27GM COTTAGE CHEESE 3GM APPLE SAUCE 11GM WHOLE GRAIN ROLL 35GM				

MEALS on WHEELS AMERICA

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