November Hot Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 MACARONI & CHEESE 19gm SAUTEED SPINACH 3gm OATMEAL CAKE 36gm WHOLE GRAIN ROLL 35gm	**3** SWEET AND SOUR PORK 17gm BROWN RICE 17gm SIMMERED GREEN CABBAGE 5gm PINEAPPLE UPSIDE DOWN CAKE 28gm CHOW MEIN NOODLES 9gm	**4** VEGETABLE ALFREDO 18gm WAX BEANS & PEPPERS 5gm CARAMEL CAKE 34gm WHOLE GRAIN ROLL 35gm	**5** BEEF ENCHILADA BAKE 13gm CILANTRO RICE 27gm APPLE COBBLER 26gm WHOLE GRAIN ROLL 35gm	**6** BLACKENED TILAPIA 0gm SAUTEED SPINACH 3gm RICE PUDDING 18gm CORNBREAD MUFFINS 30gm
9 HUNGARIAN GOULASH 17gm SWEET & SOUR CABBAGE 4gm WARM CINNAMON APPLES 20gm WHOLE GRAIN ROLL 35gm	**10** HERB ROASTED CHICKEN 0gm BRUSSEL SPROUTS 7gm CHERRY CRISP 19gm WHOLE GRAIN ROLL 35gm	**11** MEATLOAF AND GRAVY 18gm MASHED POTATOES WITH GRAVY 17gm STEWED TOMATOES 4gm CORN PUDDING 22gm WHOLE GRAIN ROLL 35gm	**12** SESAME CHICKEN 27gm WHITE RICE WAX BEANS & PEPPERS 5gm PINEAPPLE UPSIDE DOWN CAKE 28gm CHOW MEIN NOODLES 9gm	**13** SPINACH PEPPER QUICHE 20gm VEGETARIAN SAUSAGE PATTY 3gm CINNAMON APPLES 16gm WHOLE GRAIN ROLL 35gm
16 BEEF SLOPPY JOES 5gm BAKED BEANS 21gm CHOCOLATE ZUCCHINI CAKE 28gm HAMBURGER BUN 26gm	**17** CHICKEN CACCIATORE 13gm SAUTEED SPINACH 3gm RICE PUDDING 18gm WHOLE GRAIN ROLL 35gm	**18** CORNED BEEF HASH 28gm SCRAMBLED EGGS 1gm PEACH COBBLER 26gm WHOLE GRAIN ROLL 35gm	**19** PULLED PORK 5gm POTATOES O'BRIEN 12gm CARROT CAKE 23gm WHOLE GRAIN BUN 35gm	**20** DIRTY RICE 14gm BLACK EYED PEAS 21gm CHERRY COBBLER 20gm WHOLE GRAIN ROLL 35gm
23 CHICKEN POT PIE 14gm MAPLE GLAZED CARROTS 15gm APPLE CRUMB CAKE 56gm WHOLE GRAIN ROLL 35gm	**24** VEGETABLE LASAGNA 56gm HARVARD BEETS 8gm MIXED BERRY CRISP 18gm WHOLE GRAIN ROLL 35gm	**25** TURKEY WITH STUFFING/GRAVY SWEET POTATOES PUMPKIN CRISP WHOLE GRAIN ROLL 35gm	**26** THANKSGIVING MSS CLOSED	**27** THANKSGIVING MSS CLOSED
30 COUNTRY FRIED CHICKEN 28gm MASHED POTATOES & GRAVY 28gm SWEET CORN 15gm PEACH COBBLER 26gm WHOLE GRAIN ROLL 35gm				

MEALS on WHEELS AMERICA

If you are not available to receive your daily meal, please call ahead of time to cancel. 269-382-0515. Kalamazoo, Ext. 300. Calhoun, Ext. 350.

MILESTONE senior services