


Racine County Meals on Wheels/Congregate Menu

NOVEMBER 2022

833-8766

Call before 9:30 am the previous day (Monday-Friday) to cancel a meal.

	1 Chef's Choice Frozen (will be delivered/picked up Monday)	2 Spaghetti & Meatball Marinara Broccoli Wheat Vienna roll Chilled peaches	3 Chef's Choice Frozen (will be delivered/picked up Wednesday)	4 Surimi Crab Alfredo Penne pasta Zucchini w/red peppers and onions; fruit cup Chef's choice veggie Multigrain dinner roll
7 Baked Meatloaf w/country gravy Cauliflower mashed potatoes; Mixed veggies Whole wheat roll Pineapple tidbits	8 Chef's Choice Frozen (will be delivered/picked up Monday)	9 BBQ Chicken Thigh Scalloped potatoes Baked bean casserole Wheat bread Fruit jello	10 Chef's Choice Frozen (will be delivered/picked up Wednesday)	11 Swedish Meatballs w/gravy Mashed potatoes Broccoli Multigrain bread Fresh melon
14 Roast Pork w/gravy Au gratin potatoes Peas and carrots Wheat bread Whole apple	15 Chef's Choice Frozen (will be delivered/picked up Monday)	16 Salisbury Steak w/gravy; Corn Mashed potatoes Multigrain dinner roll Pineapple tidbits	17 Chef's Choice Frozen (will be delivered/picked up Wednesday)	18 Classic Lasagna w/meat sauce Broccoli; Wheat bread Chef's choice veggie Oatmeal raisin cookie
21 HOLIDAY MENU Roast Turkey w/gravy Baked sweet potatoes Green bean casserole Bread stuffing Chef's choice dessert	22 Chef's Choice Frozen (will be delivered/picked up Monday)	23 Shaved Pork w/Mediterranean sauce Scalloped potatoes Brussels sprouts Multigrain bread Applesauce	24 Chef's Choice Frozen (will be delivered/picked up Wednesday)	25 - <p style="text-align: center;">There will be NO DELIVERY today in observation of Thanksgiving.</p>
28 Hot Roast Beef Mashed potatoes w/gravy; Fresh orange Peas and carrots Wheat bread	29 Chef's Choice Frozen (will be delivered/picked up Monday)	30 Roast Turkey w/cheddar ale sauce Vegetable rice pilaf Broccoli; Biscuit Chef's choice fruit Oatmeal raisin cookie	<p style="text-align: center;">There will be NO DELIVERY on Friday, November 25th in observation of Thanksgiving. If you are in need of a meal for that day, please call the Nutrition Office no later than Friday, November 18th.</p>	