


Racine County Meals on Wheels/Congregate Menu

NOVEMBER 2021 833-8766 UPDATED

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

1 Slow Roasted Beef w/gravy; chilled pears Mashed potatoes Brussels sprouts Multigrain bread Cookie	2 Chef's Choice Frozen (will be delivered Monday)	3 Spaghetti and Meatball Marinara Broccoli Wheat Vienna roll Chilled peaches	4 Chef's Choice Frozen (will be delivered Wednesday)	5 Surimi Crab Alfredo with Penne Pasta Zucchini with red peppers and onions Chef's choice vegetable
8 Baked Meatloaf w/Country Gravy Cauliflower mashed potatoes; pineapple Mixed vegetables Whole wheat roll	9 Chef's Choice Frozen (will be delivered Monday)	10 BBQ Chicken Thigh Oven fries Baked bean casserole Wheat bread Fruit jello	11 Chef's Choice Frozen (will be delivered Wednesday)	12 Swedish Meatballs w/gravy Mashed potatoes Broccoli Multigrain bread Fresh melon
15 Roast Pork w/gravy Au gratin potatoes Warm cinnamon apples Wheat bread Pumpkin bar	16 Chef's Choice Frozen (will be delivered Monday)	17 Salisbury Steak w/gravy Mashed potatoes Corn; Multigrain roll Pineapple tidbits	18 Chef's Choice Frozen (will be delivered Wednesday)	19 Lasagna with Meat Sauce; Broccoli Chef's choice veggie Wheat bread Oatmeal raisin cookie
22 Holiday meal! Roast Turkey w/gravy Baked sweet potato Green bean casserole Bread stuffing; Pie	23 Chef's Choice Frozen (will be delivered Monday)	24 Shaved Pork with Mediterranean Sauce Scalloped potatoes Brussels sprouts Multigrain bread Applesauce	25 CLOSED FOR THANKSGIVING	26 CLOSED FOR THANKSGIVING
29 Hot Roast Beef Mashed potatoes and gravy Peas and carrots Wheat bread Fresh orange	30 Chef's Choice Frozen (will be delivered Monday)			

Menu is subject to change without notice

Diabetic Dessert is offered

Choice of 1%, skim milk, or juice included with each meal