

# November MOW Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Cheeseburger Potato Wedges Peas & Carrots Apple Slices
4 Cheese Enchiladas Cilantro Lime Rice Black Beans Diced Mango	5 Beef Shephard's Pie Broccoli Florets Corn Garlic Bread Banana	6 Chicken & Dressing Roasted Sweet Potatoes Asparagus w/Red Pepper Cornbread Loaf	7 Carne Guisada Spanish Rice Green Beans Cookie	8 Baked Chicken Tenders Mac & Cheese Veggie Medley Pudding
11 Homestyle Meatloaf Garlic Mashs Potatoes Brussel Sprouts Cinnamon Apples & Oats	12 Breaded Chicken Piccata Rice Pilaf w/Lentils Veggie Medley Grapes	13 Swedish Meatballs Over Pasta Peas & Carrots Cauliflower Florets Gelatin	14 Sloppy Joes Cornbread Bowl Veggie Medley Fudge Brownie	15 Chicken Fajitas Brown Rice Black Bean & Corn Salsa Tortilla Chips Raisins
18 Fish Sandwich Grains & Kale Medley Carrots Tartar Sauce Gelatin	19 BBQ Smoked Brisket Red Potatoes Green Beans Cornbread Loaf Orange	20 Sweet & Sour Chicken over Rice Veggie Spring Rolls Broccoli Florets Fortune Cookie	21 Salisbury Steak w/Onion Gravy Garlic Mashed Potatoes Sweet Corn Vanilla Pound Cake	22 Chicken Pizzaiola Italian Orzo Pasta Brussel Sprouts Banana
25 Three Cheese Lasagna Peas & Carrots Cauliflower Florets Pudding	26 Chicken Fried Chicken Mashed Potatoes Asparagus w/Red Pepper Apple Slices	27 Roasted Turkey & Dressing Mashed Potatoes Candied Yams Green Beans Pumpkin Pie	28 Turkey Chili Cornbread Bowl Veggie Medley Gelatin	29 Cheesy Stromboli Bites Marinara Sauce Veggie Medley Applesauce

Fellowship Meals are served Monday - Thursday 11:30am - 12:00pm, Fridays 11:00am - 11:30am

LUNCH IS SERVED FOR 1/2 HOUR ONLY

Suggested Donation \$5 • Menus are subject to change