

**SENIOR  
November  
2018**



**SERVING SENIORS  
BOONE  
LEE  
OGLE  
WINNEBAGO  
COUNTIES**

**MENU IS SUBJECT  
TO CHANGE WITHOUT  
NOTICE**



**To make a  
reservation  
in Rockford**

**815-963-1609  
or  
1-800-779-1189**

**RESERVATIONS  
&  
CANCELLATIONS  
CALL BY 10:00 AM  
THE DAY BEFORE**

**\*CHOICE A only sent to  
MEALS ON WHEELS  
CLIENTS**

**THERE ARE  
NO  
SUBSTITUTIONS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8 oz. Low Fat Milk served with all lunches. 			1	2
5	6	7	8	9
CREAMY CHICKEN W/ PASTA BROCCOLI BAKED APPLES WHEAT BREAD - 1	MEATLOAF MASHED POT/GRAVY STEWED TOM/ZUCCHINI DINNER ROLL \ BUTTER APRICOTS	CITRUS BAKED HAM SWEET POTATOES GREEN BEANS WHEAT BREAD-2 APPLESAUCE	ITALIAN SAUSAGE W\PEPPERS ON BUN RED POTATO WEDGES ITALIAN BLEND VEGGIES DICED PEACHES	A.) CRISPY FISH SAND. WHEAT BUN POTATO PANCAKES PEAS PINEAPPLE TIDBITS B.) TURKEY/MINESTRONE
12	13	14	15	16
MEATBALL SUB PEAS & CARROTS SEAS. POTATO WEDGES MANDARIN ORANGES	SWEET/SOUR CHICKEN FLUFFY RICE STIR FRY VEGGIES DINNER ROLL APRICOTS	SALISBURY STEAK CHEESY POTATOES GREEN BEANS DINNER ROLL SLICED PEACHES	A) CHEESE OMELETT TURKEY SAUSAGE HASH BROWN POT. BLUEBERRY MUFFIN FRUIT JUICE B.) TUNA SAL/CHIX RICE	HOT HAM & CHEESE WHEAT BUN TATOR TOTS BAKED BEANS DICED PEARS
19	20	21	22	23
BBQ RIBLETT WHEAT BUN AUGRATIN POTATOES COIN CARROTS DICED PEARS	PEPPER STEAK MASHED POT/GRAVY PEAS WHEAT BREAD - 2 CHILLED PINEAPPLE	LEMON PEPPER CHIX WILD RICE BROCCOLI DINNER ROLL APPLESAUCE	 <b>Happy Thanksgiving</b>	CLOSED
26	27	28	29	30
CHICKEN STRIPS SEAS. POTATO WEDGES PEAS DINNER ROLL DICED PEARS BBQ PC	BAKED ZITI W\MEATSAUCE ITALIAN BLEND VEG. GARLIC BREAD HOT APPLESAUCE	A.) MEATLOAF MASHED POT/GRAVY GLAZED CARROTS DINNER ROLL PEACH COBBLER B.) LIVER & ONIONS	SLOPPY JOE WHEAT BUN TATOR TOTS GREEN BEANS APRICOTS	CHICKEN FIESTA TACO REFRIED BEANS CHEESE, LETT, TOMATO SPANISH RICE PINEAPPLE TIDBITS