

**SENIOR
NOVEMBER
2021**



**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
1	2	3	4	5
COUNTRY MEATBALLS MASHED POT \ GRAVY MIXED VEGETABLES WGR DINNER ROLL PEACHES	CHICKEN PATTY WGR WHEAT BUN PEAS & CARROTS POTATO WEDGES PINEAPPLE	SPAGHETTI W \ MEATSAUCE GREEN BEANS CAULIFLOWER WGR GARLIC BREAD APRICOTS	A.) CRISPY FISH SAND. WGR WHEAT BUN \ TARTAR MAC & CHEESE PEAS DICED PEARS B.) TURKEY/MINESTRONE	CHEESY BEEF TACO WGR FLOUR TORTILLA LETTUCE/TOMATO SPANISH RICE \ BEANS FRESH FRUIT TACO SAUCE
8	9	10	11	12
CHICKEN PARMESAN PASTA W/ MARINARA SICILIAN BLEND VEG WGR DINNER ROLL DICED PEARS	SAUSAGE GRAVY W \ WGR BISCUIT HASH BROWN POTATO 2 SAUSAGE PATTIES ORANGE JUICE	POLISH SAUSAGE SAUERKRAUT POTATO WEDGES BAKED BEANS CHILLED APPLESAUCE WGR HOT DOG BUN	BEEFARONI GREEN BEANS CAULIFLOWER WGR GARLIC BREAD APRICOTS	A. PEPPER STEAK MASHED POT./GRAVY GLAZED CARROTS WGR WHEAT BREAD - 1 MANDARIN ORANGES B.) TURKEY/VEGETABLE
15	16	17	18	19
HAMBURGER PATTY WGR WHEAT BUN MAC & CHEESE CALIF. BLEND VEGGIES DICED PEACHES	BBQ CHIX BREAST AUGRATIN POTATOES SEAS. GREEN BEANS WGR DINNER ROLL FRUIT COCKTAIL	SALISBURY STEAK MASHED POT/GRAVY CALIF. BLEND VEGGIES WGR WHEAT BREAD - 1 APRICOTS	SWEET AND SOUR MEATBALLS FLUFFY RICE BLENDED VEGGIES WGR DINNER ROLL DICED PEARS	A) TUNA NOODLE CASSEROLE BROCCOLI/CARROTS PINEAPPLE TIDBITS WGR DINNER ROLL B.) CHIX SAL./TOMATO
22	23	24	25	26
BAKED CHIX BREAST MASHED POT \ GRAVY STEAMED PEAS WGR DINNER ROLL STRAWBERRY APPLESC.	MEATLOAF CHEESY POTATOES BRUSSEL SPROUTS WGR WHEAT BREAD - 1 DICED PEARS	HOT TURKEY SAND. MASHED POT/GRAVY WINTER BLEND VEGG. WGR WHEAT BREAD - 1 PUMPKIN DESSERT BAR	CLOSED	CLOSED
29	30			
SALISBURY STEAK MASHED POT/GRAVY GREEN BEANS WGR DINNER ROLL MANDARIN ORANGES	SWEET/SOUR CHICKEN FLUFFY RICE STIR FRY VEGGIES WGR DINNER ROLL APRICOTS			8 oz. Low Fat Milk served with all lunches.

