

SENIOR



NOVEMBER
2022

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
	SWEET/SOUR CHIX FLUFFY RICE STIR FRY VEGGIES WGR DINNER ROLL APRICOTS	MEATBALL SUB ON WGR ROLL PEAS & CARROTS SEAS POT. WEDGES DICED PEACHES	A. TURKEY BURGER WGR WHEAT BUN SWEET POTATO FRIES BROCCOLI APPLE CRISP B.) TUNA SAL/CHIX RICE	HOT HAM & CHEESE WGR WHEAT BUN TATOR TOTS BAKED BEANS APPLESAUCE
7	8	9	10	11
BBQ RIBLETT WGR WHEAT BUN CHEESY POTATOES COUNTRY MIXED VEG DICED PEARS	CREAMY CHICKEN PASTA CARROTS STEAMED PEAS WGR WHEAT BREAD - 1 CHILLED PINEAPPLE	CHEESEBURGER ON WGR WHEAT BUN TATOR TOTS BAKED BEANS FRUIT COCKTAIL	A. LEMON PEPPER CHIX WILD RICE BROCCOLI WGR DINNER ROLL APPLESAUCE B.) HAM/VEGETABLE	CITRUS BAKED HAM SWEET POTATOES SCAND. BLEND VEG WGR DINNER ROLL DICED PEACHES
14	15	16	17	18
ROSEMARY HERBED CHX MASHED POT/GRAVY GREEN BEANS WGR DINNER ROLL CITRUS FRUIT CUP	BAKED ZITI W\MEATSAUCE ITALIAN BLEND VEG. WGR GARLIC BREAD HOT APPLESAUCE	A.) MEATLOAF MASHED POT/GRAVY GLAZED CARROTS WGR DINNER ROLL PEAR CUP B.) LIVER & ONIONS	CHICKEN ALA KING WGR BUTTERMILK BISCUIT BROCCOLI MANDARIN ORANGE	TILAPIA & GARLIC BUTTER WILD RICE PEAS WGR DINNER ROLL FRUIT COCKTAIL
21	22	23	24	25
B.B.Q. CHIX BREAST WGR DINNER ROLL SWEET POTATO TOTS CAULIFLOWER PINEAPPLE TIDBITS	A.) SLOPPY JOE WGR WHEAT BUN CHEESY POTATOES BROCCOLI DICED PEARS B.) HAM\VEGETABLE	BAKED CHICKEN QTR MASHED POT/GRAVY COIN CARROTS WGR DINNER ROLL PEACH COBLER	CLOSED	CLOSED
28	29	30		
CHICKEN PATTY WGR WHEAT BUN PEAS & CARROTS TATOR TOTS PINEAPPLE	COUNTRY MEATBALLS MASHED POT \ GRAVY MIXED VEGETABLES WGR DINNER ROLL PEACHES	SPAGHETTI W \ MEATSAUCE GREEN BEANS CAULIFLOWER WGR GARLIC BREAD APRICOTS		8 oz. Low Fat Milk served with all lunches. 