

SENIOR

# LIFESCAPE



**NOVEMBER  
2024**

**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
					<b>1</b>
	8 oz. Low Fat Milk served with all lunches. 				HOT HAM & CHEESE WGR WHEAT BUN TATOR TOTS BAKED BEANS CHILLED APPLESAUCE
	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
	BBQ RIBLETT WGR WHEAT BUN AUGRATIN POTATOES CALIF. BLEND VEGGIES 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	TILAPIA & GARLIC BUTTER WILD RICE CALIF. BLEND VEGGIES WGR DINNER ROLL FRUIT COCKTAIL
	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
	ROSEMARY HERBED CHX MASHED POT/GRAVY GREEN BEANS WGR DINNER ROLL MIXED CITRUS FRUIT CUP	BAKED ZITI W\MEATSAUCE ITALIAN BLEND VEG. WGR GARLIC BREAD HOT APPLESAUCE	A.) LIVER & ONIONS MASHED POT/GRAVY GLAZED CARROTS WGR DINNER ROLL APRICOTS B.) MEATLOAF	JUMBO HOT DOG W\BUN BAKED BEANS POTATO WEDGES MANDARIN ORANGES RELISH PACKET	CITRUS BAKED HAM SWEET POTATOES SCAND. BLEND VEGGIES WGR DINNER ROLL DICED PEACHES
	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
	B.B.Q. CHIX BREAST WGR DINNER ROLL AUGRATIN POTATOES CAULIFLOWER PINEAPPLE TIDBITS	A.) SLOPPY JOE WGR WHEAT BUN POTATO WEDGES BROCCOLI DICED PEARS B.) HAM/VEGETABLE	BAKED CHICKEN QTR MASHED POT/GRAVY COIN CARROTS WGR DINNER ROLL PEACH COBBLER	MUSHROOM SWISS BURGER ON WGR BUN BUTTERED RED POT. BAKED BEANS APRICOTS	FISH PATTY W\TARTAR WGR WHEAT BUN MAC & CHEESE CALIF. BLEND VEGGIES APPLESAUCE
	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
	COUNTRY MEATBALLS MASHED POT \ GRAVY STIR FRY VEGGIES WGR DINNER ROLL PEACHES	CHICKEN PATTY WGR WHEAT BUN PEAS & CARROTS SCALLOPED POTATOES PINEAPPLE	SPAGHETTI W \ MEATSAUCE GREEN BEANS CAULIFLOWER WGR GARLIC BREAD APRICOTS	<b>HAPPY THANKSGIVING CLOSED</b>	<b>CLOSED</b>