



November 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
November 6th	November 7th	November 8th	November 9th	November 10th	November 11th	November 12th
Entrée Herb Roasted Turkey Mashed Potatoes Buttered Peas	Entrée Chicken Tinga Cilantro Rice Buttered Corn	Entrée Meatloaf Au Gratin Potatoes Asparagus	Entrée Cod Vera Cruz Wild Rice Zucchini	Entrée Turkey Alfredo Linguine Pasta Braised Tomatoes	Entrée Grilled Flank Steak Broccoli Root Vegetables	Entrée Lasagna Bolognese Garlic Bread Green Beans
Vegetarian Vegetable Cannelloni	Vegetarian Vegetarian Chili	Vegetarian Tofu Scramble with Eggs and Vegetables Mixed Veggies	Vegetarian Black Bean Burger	Vegetarian Penne Pasta with Pesto and Spinach Mixed Veggies	Vegetarian Cheese Ravioli with Marinara Carrots	Vegetarian Sweet Potato Casserole
Vegetable Blend	Zucchini		Squash			Mixed Veggies
Sandwich Egg Salad	Sandwich Turkey & Cheddar	Sandwich Ham & Swiss	Sandwich Roast Beef & Provolone	Sandwich Chicken Salad	Sandwich Tuna Salad	Sandwich Peanut Butter & Jelly
Dessert Peaches Cookies Diabetic Angel Cake	Dessert Apple Sauce Banana Parfait Diabetic Pudding	Dessert Pears Chocolate Cake Diabetic Chocolate Cake	Dessert Peaches Red Velvet Cake Diabetic Red Velvet Cake	Dessert Mandarin Oranges Carrot Cake Diabetic Carrot Cake	Dessert Apple Sauce Angel Food Cake Diabetic Angel Food Cake	Dessert Pineapple Brownie Diabetic Brownie
November 13th	November 14th	November 15th	November 16th	November 17th	November 18th	November 19th
Entrée Beef Pot Roast Mashed Potatoes Glazed Carrots	Entrée Meatballs Spaghetti Green Beans	Entrée Beef Marsala Roasted Potatoes Broccoli	Entrée Turkey Pot Pie Mashed Potatoes Glazed Carrots	Entrée Baked Mac and Cheese Braised Mushrooms Broccoli	Entrée Coconut Shrimp Orange Rice Cauliflower	Entrée Chicken Monterey Creamy Orzo Mixed Veggies
Vegetarian Black Bean Burger	Vegetarian Tofu Steak with Mushrooms Buttered Peas	Vegetarian Tofu & Veggie Stir Fry	Vegetarian Pasta with Veggie Meatballs & Marinara Green Beans	Vegetarian Stuffed Peppers	Vegetarian Veggie Lasagna	Vegetarian Macaroni and Cheese
Mixed Veggies		Green Beans		Mixed Veggies	Carrots	Buttered Peas
Sandwich Egg Salad	Sandwich Turkey & Cheddar	Sandwich Ham & Swiss	Sandwich Roast Beef & Provolone	Sandwich Chicken Salad	Sandwich Tuna Salad	Sandwich Peanut Butter & Jelly
Dessert Peaches Cookies Diabetic Angel Cake	Dessert Apple Sauce Banana Parfait Diabetic Pudding	Dessert Pears Chocolate Cake Diabetic Chocolate Cake	Dessert Peaches Red Velvet Cake Diabetic Red Velvet Cake	Dessert Mandarin Oranges Carrot Cake Diabetic Carrot Cake	Dessert Apple Sauce Angel Food Cake Diabetic Angel Food Cake	Dessert Pineapple Brownie Diabetic Brownie
November 20th	November 21st	November 22nd	November 23rd	November 24th	November 25th	November 26th
Entrée Chicken and Dumplings Buttered Egg Noodles Glazed Carrots	Entrée Grilled Flank Steak Spanish Potatoes Mixed Veggies	Entrée Teriyaki Salmon Ginger Rice Noodles Asparagus	Entrée Lamb Stew Garden Pilaf Spinach & Mushrooms	Entrée Roasted Turkey Mashed Potatoes Baby Carrots	Entrée Sweet & Sour Chicken Soba Noodles Lemon Green Beans	Entrée Grilled Flank Steak Potato Wedges Ratatouille
Vegetarian Macaroni and Cheese	Vegetarian Spinach Pie	Vegetarian Black Bean Burger	Vegetarian Pasta with Ratatouille & Veggie Crumbles Mixed Veggies	Vegetarian Vegetarian Chili Cauliflower Baby Carrots	Vegetarian Tofu Stir Fry Brown Rice Green Beans	Vegetarian Pesto Pasta
Buttered Corn	Zucchini	Broccoli				Mixed Veggies
Sandwich Egg Salad	Sandwich Turkey & Cheddar	Sandwich Ham & Swiss	Sandwich Roast Beef & Provolone	Sandwich Chicken Salad	Sandwich Tuna Salad	Sandwich Peanut Butter & Jelly
Dessert Peaches Cookies Diabetic Angel Cake	Dessert Apple Sauce Banana Parfait Diabetic Pudding	Dessert Pears Chocolate Cake Diabetic Chocolate Cake	Dessert Peaches Red Velvet Cake Diabetic Red Velvet Cake	Dessert Cranberry Sauce Apple Pie or Pumpkin Pie	Dessert Apple Sauce Angel Food Cake Diabetic Angel Food Cake	Dessert Pineapple Brownie Diabetic Brownie
November 27th	November 28th	November 29th	November 30th	December 1st	December 2nd	December 3rd
Entrée Turkey Schnitzel Scalloped Potatoes Honey Carrots	Entrée Apple Glazed Ham Basil Couscous Mixed Veggies	Entrée Pecan Crusted Cod Wild Rice Pilaf Sugar Snap Peas	Entrée Chicken Marsala Pesto Pasta Lemon Zucchini	Entrée BBQ Chicken Roasted Potatoes Broccoli	Entrée Shrimp Fried Rice Asian Glazed Carrots Lemon Green Beans	Entrée Lasagna Bolognese Savory Beets Roasted Corn
Vegetarian Vegetable Primavera	Vegetarian Tofu Tacos with Vegetables	Vegetarian Vegetable Cannelloni	Vegetarian Black Bean Burger	Vegetarian Tofu Steak with Mushrooms	Vegetarian Vegetarian Meatballs with Noodles & Sauce Cauliflower	Vegetarian Stuffed Peppers
Squash	Carrots	Squash Blend	Broccoli	Buttered Peas		Broccoli and Carrots
Sandwich Egg Salad	Sandwich Turkey & Cheddar	Sandwich Ham & Swiss	Sandwich Roast Beef & Provolone	Sandwich Chicken Salad	Sandwich Tuna Salad	Sandwich Peanut Butter & Jelly
Dessert Peaches Cookies Diabetic Angel Cake	Dessert Apple Sauce Banana Parfait Diabetic Pudding	Dessert Pears Chocolate Cake Diabetic Chocolate Cake	Dessert Peaches Red Velvet Cake Diabetic Red Velvet Cake	Dessert Mandarin Oranges Carrot Cake Diabetic Carrot Cake	Dessert Apple Sauce Angel Food Cake Diabetic Angel Food Cake	Dessert Pineapple Brownie Diabetic Brownie

Thanksgiving Day

Chico Meals On Wheels Menu

All meals are subject to change without notice.

