

**SENIOR  
NOVEMBER  
2017**



**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
		A.) MEATLOAF MASHED POT/GRAVY GLAZED CARROTS DINNER ROLL PEACH COBBLER B.) LIVER & ONIONS	SLOPPY JOE WHEAT BUN TATOR TOTS GREEN BEANS APRICOTS	CHEESE OMELETT TURKEY SAUSAGE HASH BROWN POT. BLUEBERRY MUFFIN FRUIT JUICE
6	7	8	9	10
B.B.Q. CHIX BREAST WHEAT BUN CHEESY POTATOES GREEN BEANS PINEAPPLE TIDBITS	A.) CITRUS BAKED HAM SWEET POTATOES CAPRI BLEND VEG. WHEAT BREAD - 2 FRUIT COCKTAIL B.) R. BEEF/CR. MUSH.	BAKED CHICKEN QTR MASHED POT/GRAVY BROCCOLI TOSSED SALAD/DRSG. ROLL \ PUMPKIN BAR	MUSHROOM SWISS BURGER ON BUN BUTTERED RED POT. BAKED BEANS APRICOTS	FISH PATTY WHEAT BUN POTATO PANCAKES CALIF. BLEND VEGGIES APPLESAUCE TARTAR SAUCE
13	14	15	16	17
COUNTRY MEATBALLS MASHED POT \ GRAVY BRUSSELL SPROUTS DINNER ROLL PEACHES	CITRUS BAKED HAM SWEET POTATOES CAPRI BLEND VEG. WHEAT BREAD - 2 JELLO W/ FRUIT	SPAGHETTI W \ MEATSAUCE STEAMED PEAS WH. KERNEL CORN GARLIC BREAD APRICOTS	A.) HOT TURKEY SAND. MASHED POT/GRAVY COUNTRY BLEND VEGG. WHEAT BREAD - 2 FRUIT COCKTAIL B.)HAM/CHIX NOODLE	CHEESY BEEF TACO FLOUR TORTILLA LETTUCE\TOMATO SPANISH RICE \ BEANS FRESH FRUIT
20	21	22	23	24
CHICKEN PARMESAN PASTA W/ MARINARA SICILIAN BLEND VEG DINNER ROLL DICED PEARS	SAUSAGE GRAVY W \ BISCUIT HASH BROWN POTATO FRUIT JUICE BAKED PEACHES	POLISH SAUSAGE SOUR KRAUT POTATO WEDGES BAKED BEANS CHILLED APPLESAUCE HOT DOG BUN	CLOSED	CLOSED
27	28	29	30	
HAMBURGER PATTY WHEAT BUN MAC & CHEESE CALIF. BLEND VEGGIES DICED PEARS	BBQ CHIX BREAST CHEESY POTATOES SEAS. GREEN BEANS DINNER ROLL JELLO W\FRUIT	BAKED PORK CHOP BABY RED POTATOES BROCCOLI TOSSED SALAD/DRSG. DINNER ROLL APPLE CRISP	CHEESE RAVIOLI W/ MEATSAUCE BRUSSEL SPROUTS CAULIFLOWER GARLIC BREAD APRICOTS	8 oz. Low Fat Milk served with all lunches.

