

Meals on Wheels & Congregate Meals Menu

November

DATE	HOT MENU ENTRÉE	COLD MENU ENTREE
Wednesday, Nov. 1	Chicken & Biscuits, Broccoli, Bananas	Turkey Sandwich, Marinated Veggies, Fruit Mix
Thursday, Nov. 2	Pepper Steak, Rice, Wax Beans, Orange Wedges	Liverwurst Sandwich, Kidney Bean Salad, Peaches
Friday, Nov. 3	Fish w/lemon, Mixed Veggies, Tossed Salad, Pears	Chicken Salad Sandwich, Broccoli Raisin Salad, Apricots
Monday, Nov. 6	Cabbage Rolls, Tossed Salad, Fruit Mix, Corn Muffin	Shaved Roast Beef Sandwich, Creamy Cucumbers
Tuesday, Nov. 7	Pork Roast & Gravy, Redskin Potatoes, Carrots	Turkey & Cheese Wrap, Baked Beans, Applesauce
Wednesday, Nov. 8	Salisbury Steak, Mash Potatoes & Gravy, Biscuits	Hammy Sammy, Carrot Raisin Salad, Pineapple
Thursday, Nov. 9	Creamed Turkey, Green & Yellow Beans, Spinach Salad	Chef Salad w/chicken, Ambrosia, Bran Muffin
Friday, Nov. 10	Closed For Holiday	Closed For Holiday
Monday, Nov. 13	BBQ Chicken, Coleslaw, Brussel Sprouts, Apricots	Tuna Salad Sandwich, Black Beans, Corn & Pepper Salad
Tuesday, Nov. 14	Lasagna Casserole, Broccoli & Cauliflower, Spring Salad	Chicken Salad Sandwich, Three Bean Salad, Pineapple
Wednesday, Nov. 15	Swiss Steak, Zucchini/tomatoes/onion, Oranges	Shaved Roast Beef Sandwich, Coleslaw, Pears
Thursday, Nov. 16	Oven Fried Chicken, Potatoes, Green Bean Casserole	Pasta Salad w/ Tuna, Tomato Salad, Cauliflower Salad
Friday, Nov. 17	Boiled Dinner, Grapes, Wheat Roll	Turkey Sandwich, Potato Salad, Mixed Fruit
Monday, Nov. 20	Scalloped Potatoes & Ham, Carrots, Spinach, Oranges	Chicken Salad Sandwich, Tossed Salad, Peaches
Tuesday, Nov. 21	Spaghetti, Key West Blend Veggies, Peaches n Pudding	Turkey Wrap, Three Bean Salad, Ambrosia
Wednesday, Nov. 22	Sliced Turkey & Gravy, Sweet Potatoes, Green Beans	Chef Salad w/Ham, Peaches n Pudding, Bran Muffin
Thursday, Nov. 23	Closed For Holiday	Closed For Holiday
Friday, Nov. 24	Closed For Holiday	Closed For Holiday
Monday, Nov. 27	BBQ Chicken, Potatoes, Brussel Sprouts, Apricots	Ham & Swiss, Baked Beans, Spring Salad, Pineapple
Tuesday, Nov. 28	Pork Loin, Sweet Potatoes, Southern Green Beans	Cottage Cheese, Tomato Wedges, Applesauce
Wednesday, Nov. 29	Salmon Patty w/dill, Brown Rice, Winter Squash	Pasta Salad w/ Chicken, Carrot Raisin Salad, Ambrosia
Thursday, Nov. 30	Chicken & Noodles, Nantucket Blend Veggies, Banana	Egg Salad Sandwich, Marinated Broccoli, Pears

*Meals are served with side dishes and milk, to provide 1/3 the Recommended Daily Allowances for adults 60+

Join us for Lunch

*Call the COA to reserve your lunch at Three Rivers, Klines or Sturgis.

Kline's Resort
269-279-8083
Fridays @ Noon
22260 Kline's Resort Rd.
Three Rivers, MI 49093

**Three Rivers
Community Center**
269-279-8083
Monday-Friday @ Noon
103 S. Douglas Avenue
Three Rivers, MI 49093

Enrichment Center
269-279-8083
Monday-Friday @ Noon
306 N. Franks Avenue
Sturgis, MI 49091

The COA offers lunch on the first and third Friday of each month in Colon at Mystic Grove Apartments. Any COA member is welcome.