

# NOVEMBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY AVERAGE
2 Turkey Meatballs With Spaghetti Sauce Penne Pomodoro California Vegetables Multi Grain Bread Sliced Apples	3 Country Fried Steak with Gravy Garlic Whipped Potatoes Lemon Zest Broccoli Wheat Bread Oreo Cookies	4 Honey Baked Chicken Mashed Sweet Potatoes Green Peas Dinner Roll Lemon Pudding	5 Cheeseburger Macaroni Green Beans Diced Beets Texas Bread Fresh Fruit	6 Ham w/Red Eye Gravy Blackeyed Peas Cabbage Cornbread Muffin Chocolate Chip Cookie	687 Calories 36.2g Protein 19.4g Fat 93.6g Carbohydrates 980mg Sodium
9 Beef Burgundy Delmonico Potatoes Green Beans Multi Grain Bread Sliced Apples	10 Chicken Parmesan Rotini Pasta Tangy Spinach Texas Bread Strawberry Swirl Pudding	11 Beef Taco Mexican Rice w/Corn Fiesta Veggie Blend Wheat Tortilla Fudge Cream Cookie Taco Sauce	12 Vegetable Lasagna Stewed Tomatoes Glazed Carrots Dinner Roll Fresh Fruit	13 Ginger Pork Jasmine Rice Broccoli Wheat Bread Applesauce	707 Calories 35.3g Protein 21.7g Fat 94.8g Carbohydrates 991mg Sodium
16 Lemon Pepper Chicken Garlic Parm Potatoes Cheesy Brussels Sprouts Multi Grain Bread Pineapple Tidbits	17 Chili w/Beans Brown Rice Sliced Carrots Saltine Crackers Cinnamon Roll	18 Potato Crusted Fish Lentils Stewed Tomatoes Dinner Roll Fresh Fruit Tartar Sauce	19 Loaded Potato Casserole Mixed Green Salad Green Peas Wheat Bread Peach Crisp Ranch Dressing	20 Sliced Turkey Breast Chicken Gravy Cornbread Dressing Herbed Green Peas Wheat Roll Pumpkin Cake	644 Calories 33g Protein 19.6g Fat 86.2g Carbohydrates 871mg Sodium
23 Beef Shepherd's Pie Parmesan Tomatoes Broccoli Multi Grain Bread Rice Krispy Treat	24 Chicken Nuggets Green Peas Parslied Carrots Wheat Roll Fresh Fruit	25 Turkey Meatballs Marinara Sauce Pasta Florentine Italian Vegetables Wheat Bread Chocolate Pudding	26 <b>MOW CLOSED</b> Happy Thanksgiving 	27 Sliced Turkey Breast Lettuce & Tomato Herbed Potato Salad Wheat Bread Brownie Mustard	685 Calories 36.5g Protein 22g Fat 86.5g Carbohydrates 995mg Sodium
30 Smoked Polish Sausage Sauerkraut Mexican Corn Cauliflower Wheat Bread Fresh Fruit	Dec-1 Beef Ziti Broccoli Dilled Carrots Texas Bread Graham Crackers	2 Oven Fried Chicken Whipped Potatoes Brown Gravy Mixed Vegetables Multi Grain Bread Orange Craisins	3 Hamburger Lettuce/Tomato/Onion Baked Beans Hamburger Bun Cinnamon Applesauce Ketchup & Mayo	4 Turkey Rice Casserole Herbed Green Peas Parmesan Tomatoes Wheat Roll Fudge Cream Cookie	698 Calories 38g Protein 22.8g Fat 86.7g Carbohydrates 880mg Sodium

## December 2020

7 Meatloaf Brown Gravy Whipped Potatoes Green Beans w/Onion Dinner Roll Raisins	8 King Ranch Casserole Whole Kernel Corn Catalina Vegetables Dinner Roll Fresh Fruit	9 BBQ Rib Lima Beans Tangy Spinach Wheat Bread Oatmeal Cream Cookie	10 Italian Shells & Cheese Green Peas Parslied Carrots Breadstick Diced Pears	11 Fish Nuggets Delmonico Potatoes Stewed Tomatoes Wheat Bread Fig Bar Tartar Sauce	719 Calories 38.5g Protein 20.1g Fat 99.9g Carbohydrates 962mg Sodium
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**Meals on Wheels of Eastern Kansas, Inc. thanks you for allowing us to assist with your nutritional needs!**

**Cancellations must be called in before 3:00 p.m. the day before the meal by calling our office at 785-430-2186.**

Menus are subject to change without notice  
Mechanical diets may be different from what is printed.  
Food Stamps or Vision Cards accepted



All meals include 1% Milk  
All client contributions go back into the  
program for meal provision