

Meals on Wheels of SW Michigan/
Senior Nutrition Services
Congregate Menu



NOVEMBER 2018

Menu Is Subject To Change Without Notice

Meals are Funded By



Along with Participant Contributions,
United Way Partners, Grant Awards and
Donations

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Meals Provide (average per week) 75 grams of Carbs 800 Calories 19 grams Protein (per meal) 30% of Calories from Fat 800 mg Sodium 2% Milk Served / Meal</p>	<p>LC = Lowe Center FSC = Front Street Crossing</p>		<p>1 Chicken Provolone Sautéed Broccoli Baked Tomato Breadstick Fruit Jell-O</p>	<p>2 Salmon Patty w/ Tartar Sauce Brown Rice Baked Squash / Wax Beans Whole Wheat Roll Mandarin Oranges</p>
<p>5 Beef Stroganoff Over Noodles Marinated Veggie Salad Carrots & Onions Pears</p>	<p>6 Lemon Fish Herbed Rice Roasted Root Vegetables Biscuit Raisins</p>	<p>7 Turkey Burger w/ Lettuce, Tomato, & Pickle Coleslaw Bun Ambrosia Salad</p>	<p>8 LC CLOSED / FSC OPEN Spaghetti w/ Meat Sauce Sautéed Green Beans Side Salad Whole Wheat Roll Citrus Salad</p>	<p>9 Swiss Steak w/ Onion Roasted Potato Steamed Spinach Dinner Roll Baked Apples</p>
<p>12 BBQ Chicken Mac & Cheese Peas Dinner Roll Fruit Cocktail</p>	<p>13 Egg & Broccoli Quiche Potatoes O'Brien Butter Beans 1/2 English Muffin Pears</p>	<p>14 Pot Roast w/ Potatoes, Carrots, & Onions Side Salad Whole Wheat Roll Pineapple</p>	<p>15 Thanksgiving Dinner Roast Turkey w/ Gravy Dressing Green Bean Casserole Cranberry Sauce Pumpkin Pie</p>	<p>16 Sweet and Sour Pork Rice Sautéed Oriental Blend Vegetables Fruit Jell-O</p>
<p>19 Sloppy Joe Coleslaw Three Bean Salad Bun Peaches</p>	<p>20 Liver & Onions Mashed Potatoes Steamed Spinach Whole Wheat Roll Fruit Cocktail</p>	<p>21 Chicken Fajitas w/ Onions Sautéed Peppers Black Beans Tortilla Mandarin Oranges</p>	<p>22 Closed for Thanksgiving</p>	<p>23 Closed for the Thanksgiving Holiday</p>
<p>26 Chicken and Dumplings Chef's Choice Vegetables Steamed Broccoli Applesauce</p>	<p>27 Traditional Goulash Steamed Spinach Coleslaw Biscuit Fruit Yogurt</p>	<p>28 Pulled Pork Potato Salad Green Side Salad w/ Carrots Whole Wheat Bun Fruit Salad</p>	<p>29 Traditional Chili Mustard Greens Dirty Rice Crackers Baked Apples</p>	<p>30 Pork Loin w/ Gravy Mashed Sweet Potatoes Lima Beans Cornbread Pineapple Birthday Cake</p>