



**MEALS ON WHEELS**  
METRO BOISE

# November 2022 Menu

Contact:  
(208) 321-0031  
www.MetroMealsonWheels.net

(Substitutions may be necessary without advanced notice.)

| Mon  | Tue  | Wed  | Thu   | Fri   |
|--|--|--|---|---|
|  | 1 <b>Beef Stroganoff</b><br>Broccoli<br>Stewed Tomatoes<br>Fresh Fruit<br>Wheat Roll<br>Milk   | 2 <b>Orange Chicken</b><br>Rice Pilaf<br>Mixed Vegetables<br>Snap Peas<br>9-Grain Bread<br>Milk      | 3 <b>Beef Stew</b><br>Brussels Sprouts<br>Peaches / Granola<br>Green Salad<br>Cornbread<br>Milk                                     | 4 <b>Ham &amp; Pineapple</b><br>Au Gratin Potatoes<br>Beets<br>Fresh Fruit<br>Baci Roll<br>Milk   |
| 7 <b>Pesto Chicken Casserole</b><br>Baby Carrots<br>Spiced Apples<br>V-8 Juice<br>Wheat Roll<br>Milk | 8 <b>Sausage Rice Skillet</b><br>Stewed Tomatoes<br>Peas<br>Applesauce<br>Rustic Italian Bread<br>Milk   | 9 <b>Rosemary Salmon</b><br>Brown Rice<br>Broccoli & Cauliflower<br>Peaches<br>9-Grain Bread<br>Milk | 10 <b>Roast Beef / Gravy</b><br>Mashed Potatoes<br>Peas & Corn<br>Mixed Fruit<br>Wheat Roll<br>Milk                                 | 11 <br><b>CLOSED</b><br><b>NO MEALS SERVED</b>   |
| 14 <b>Vegetarian Spaghetti</b><br>Cascade Vegetables<br>Cauliflower<br>French Bread<br>Milk          | 15 <b>Meatloaf / Gravy</b><br>Scalloped Potatoes<br>Dilled Carrots<br>Wheat Roll<br>Milk   | 16 <b>Polish Sausage</b><br>Sauerkraut<br>Baked Beans<br>Capri Vegetables<br>Wheat Bun<br>Milk       | 17 <b>Thanksgiving Meal</b><br>Turkey / Gravy<br>Sweet Potatoes<br>Stuffing<br>Peas<br>Holiday Dessert<br>Dinner Roll / Milk        | 18 <b>Breaded Chicken / Gravy</b><br>Mashed Potatoes<br>Mixed Vegetables<br>Baci Roll<br>Milk<br><b><u>Kuna, Star &amp; Marsing:</u></b><br><b><u>Thanksgiving Meal</u></b> |
| 21 <b>Garlic Sesame Pork</b><br>Asian Vegetables<br>Peaches<br>Wheat Roll<br>Milk                    |  22 <b>Pulled BBQ Chicken</b><br>Roasted Potatoes<br>Corn with Black Beans<br>Apricots<br>Wheat Bun<br>Milk | 23 <b>Lasagna with Meat Sauce</b><br>Green Beans<br>Sunshine Carrots<br>French Bread<br>Milk         | 24 <br><b>CLOSED</b><br><b>NO MEALS SERVED</b> | 25 <br><b>CLOSED</b><br><b>NO MEALS SERVED</b>   |
| 28 <b>Beef Sloppy Joes</b><br>Roasted Potatoes<br>Broccoli<br>Fresh Fruit<br>Wheat Bun / Milk        | 29 <b>Lemon Herb Fish</b><br>Rice Pilaf<br>Carrots<br>Peaches<br>Wheat Roll / Milk   | 30 <b>Mac &amp; Cheese &amp; Ham</b><br>Beets<br>Cauliflower<br>9-Grain Bread / Milk                 |   |   |