

## Meals on Wheels of Denton County November 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> Meatloaf with Tomato Sauce <b>Side Items:</b> Pesto Penne Pasta Catalina Mixed Vegetables Wheat Bread <b>Dessert:</b> Lemon Bar	<b>2</b> BBQ Pork Rib Patty <b>Side Items:</b> Ranch Roasted Potatoes Lettuce and Tomato Hamburger Bun <b>Dessert:</b> Warm Spiced Pineapple	<b>3</b> Breaded Chicken Nuggets with Honey Mustard Sauce <b>Side Items:</b> Whipped Potatoes Sliced Carrots Multigrain Bread <b>Dessert:</b> Fresh Banana
<b>6</b> Tomato Basil Mozzarella Pasta <b>Side Items:</b> California Vegetable Blend Steamed Corn Wheat Bread <b>Dessert:</b> Fresh Fruit	<b>7</b> Beef Soft Taco <b>Side Items:</b> Yellow Rice Mexican Pinto Beans Flour Tortilla <b>Dessert:</b> Graham Crackers	<b>8</b> Swiss Steak <b>Side Items:</b> Herbed Rice Steamed Broccoli Dinner Roll <b>Dessert:</b> Carnival Cookie	<b>9</b> Gourmet Chicken Salad <b>Side Items:</b> Pasta Salad Marinated Cucumber Salad Multigrain Bread <b>Dessert:</b> Oat Bran Muffin	<b>10</b> Herb Glazed Turkey <b>Side Items:</b> Whipped Sweet Potatoes Mixed Vegetables Texas Bread <b>Dessert:</b> Red Velvet Cupcake
<b>13</b> Sweet and Sour Beef Meatballs <b>Side Items:</b> Jasmine Rice Oriental Vegetables Wheat Bread <b>Dessert:</b> Fortune Cookie	<b>14</b> Turkey Pasta Bolognese <b>Sides Items:</b> Italian Herbed Broccoli Sliced Carrots Multigrain Bread <b>Dessert:</b> Chocolate Chip Cookie	<b>15</b> Pork Carnitas <b>Side Items:</b> Spanish Rice Seasoned Black Beans Flour Tortilla <b>Dessert:</b> Carrot Cake	<b>16</b> Cheeseburger <b>Side Items:</b> Baked Beans Lettuce and Tomato Hamburger Bun <b>Dessert:</b> Warm Rice Pudding	<b>17</b> Salmon Croquette <b>Side Items:</b> Black-Eyed Peas Seasoned Cabbage Texas Bread <b>Dessert:</b> Fruited Gelatin
<b>20</b> Chicken and Dumplings <b>Side Items:</b> Winter Blend Vegetables Peas and Carrots Saltine Crackers <b>Dessert:</b> Spice Cake	<b>21</b> Salisbury Steak with Mushroom Gravy <b>Sides Items:</b> Garlic Mashed Potatoes Seasoned Spinach Texas Bread <b>Dessert:</b> Brownie	<b>22</b> Sliced Turkey with Cranberry Compote <b>Side Items:</b> Cornbread Dressing Herbed Green Beans No Bread <b>Dessert:</b> Pumpkin Bar	<b>23</b> Thanksgiving Holiday	<b>24</b> Thanksgiving Holiday
<b>27</b> Italian Shells and Cheese <b>Side Items:</b> Sliced Carrots Steamed Yellow Squash Texas Bread <b>Dessert:</b> Fresh Fruit	<b>28</b> Turkey Sausage with Gravy <b>Side Items:</b> Hashbrown Patty Stewed Tomatoes Biscuit <b>Dessert:</b> Fresh Orange	<b>29</b> Beef Enchiladas with Red Sauce <b>Side Items:</b> Fiesta Rice Charro Beans Flour Tortilla <b>Dessert:</b> Blonde Brownie	<b>30</b> Swiss Burger <b>Side Items:</b> Crispy Cubed Potatoes Lettuce and Tomato Hamburger Bun <b>Dessert:</b> Hot Cinnamon Applesauce	<b>*Due to unavailability of certain items, appropriate substitutions may need to be made</b>

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*Due to unavailability of certain items, appropriate substitutions may need to be made				1 Pimento Cheese <b>Side Items:</b> Marinated Cucumber Salad Beet Salad Multigrain Bread <b>Dessert:</b> Cherry Gelatin
4 Chicken Etouffee <b>Side Items:</b> Brown Rice Simmered Okra Texas Bread <b>Dessert:</b> Lemon Blueberry Crisps	5 Soft Chicken Taco <b>Side Items:</b> Cilantro Lime Corn Mexican Style Tomatoes Flour Tortilla <b>Dessert:</b> Chocolate Mousse	6 BBQ Chopped Brisket <b>Side Items:</b> Macaroni and Cheese Peas and Carrots Texas Bread <b>Dessert:</b> Banana Pudding	7 Red Beans and Rice <b>Side Items:</b> California Vegetable Blend Sauteed Spinach Cornbread Muffin <b>Dessert:</b> Fruited Gelatin	8 Beef Burgundy Steak <b>Side Items:</b> Buttered Noodles Steamed Broccoli Wheat Bread <b>Dessert:</b> Snickerdoodle Cookie
11 Mongolian Beef Meatballs <b>Side Items:</b> White Rice Chinese Cabbage Wheat Bread <b>Dessert:</b> Oatmeal Raisin Cookie	12 Creamy Vegetable Potato Stew <b>Side Items:</b> Squash, Zucchini, and Carrots Green Peas Texas Bread <b>Dessert:</b> Fig Bar	13 Meatloaf with Tomato Sauce <b>Side Items:</b> Pesto Penne Pasta Catalina Mixed Vegetables Wheat Bread <b>Dessert:</b> Lemon Bar	14 BBQ Pork Rib Patty <b>Side Items:</b> Ranch Roasted Potatoes Lettuce and Tomato Hamburger Bun <b>Dessert:</b> Warm Spiced Pineapple	15 Breaded Chicken Nuggets with Honey Mustard Sauce <b>Side Items:</b> Whipped Potatoes Sliced Carrots Multigrain Bread <b>Dessert:</b> Fresh Banana
18 Tomato Basil Mozzarella Pasta <b>Side Items:</b> California Vegetable Blend Steamed Corn Wheat Bread <b>Dessert:</b> Fresh Fruit	19 Beef Soft Taco <b>Side Items:</b> Yellow Rice Mexican Pinto Beans Flour Tortilla <b>Dessert:</b> Graham Crackers	20 Swiss Steak <b>Side Items:</b> Herbed Rice Steamed Broccoli Dinner Roll <b>Dessert:</b> Carnival Cookie	21 Gourmet Chicken Salad <b>Side Items:</b> Pasta Salad Marinated Cucumber Salad Multigrain Bread <b>Dessert:</b> Oat Bran Muffin	22 <b>Christmas Holiday</b> 
25 <b>Christmas Holiday</b> 	26 Turkey Pasta Bolognese <b>Sides Items:</b> Italian Herbed Broccoli Sliced Carrots Multigrain Bread <b>Dessert:</b> Chocolate Chip Cookie	27 Pork Carnitas <b>Side Items:</b> Spanish Rice Seasoned Black Beans Flour Tortilla <b>Dessert:</b> Carrot Cake	28 Cheeseburger <b>Side Items:</b> Baked Beans Lettuce and Tomato Hamburger Bun <b>Dessert:</b> Warm Rice Pudding	29 Salmon Croquette <b>Side Items:</b> Black-Eyed Peas Seasoned Cabbage Texas Bread <b>Dessert:</b> Fruited Gelatin