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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **1****BEEF PICADILLO**Brown RiceCornPineapple Cup | **2****TURKEY TETRAZZINI**Whole Wheat Egg NoodlesCarrotsDessert | **3****TATER TOT HOT DISH**Tater TotsShredded Cheddar CheeseVegetable MedleyPear CupDessert | **4****BEEF STEW**Mashed PotatoesGreen BeansDinner RollApplesauce Cup | **5****GINGER SOY FISH**Brown RiceAsian Vegetable BlendDessert***Alt*: Ginger Soy Chicken** |
| **8****POT ROAST w/ GRAVY**Mashed PotatoesVegetable MedleyDinner Roll w/ ButterPear Cup | **9****CHICKEN ENCHILADA BAKE**Spanish RiceCornDessert | **10****BEEF STROGANOFF**Whole Wheat Egg NoodlesPeasApplesauce CupDessert  | **11****THREE CHEESE PASTA w/ TURKEY**Whole Wheat PenneVegetable MedleyDessert | **12****PARMESAN CRUSTED FISH**Barley RisottoItalian Vegetable BlendFruit Cup***Alt*: Parmesan Chicken** |
| **15****MACARONI & CHEESE**PeasFruit CupDessert  | **16****ROSEMARY CHICKEN**Brown & Wild Rice-Cranberry PilafVegetable MedleyDessert | **17****ROAST TURKEY DINNER**GravyStuffingGreen BeansApplesauce Cup | **18****COCONUT CURRY FISH**White RicePeasFruit CupDessert***Alt*: Coconut Curry Chicken** | **19****BEEF MEATLOAF**Mashed PotatoesGreen BeansDinner RollFruit Cup |
| **22****CHICKEN WILD RICE SOUP**Green BeansFruit CupDessert | **23****SALISBURY STEAK**Whole Wheat Egg NoodlesMushroom GravyDessert | **24****GARLIC SALMON**Garlic and Vegetable SauceBrown RiceEdamamePeach CupDessert***Alt*: Garlic Chicken** | **25****BBQ CHICKEN**Brown Rice w/ CornVegetarian Baked BeansPineapple Cup | **26****BAKED HAM w/ MUSTARD APPLE SAUCE**Mashed PotatoesGreen BeansDinner RollFruit Cup***Alt*: Baked Chicken** |
| **29****GINGER HONEY GLAZED PORK**Brown RiceBroccoliFruit CupDessert ***Alt*: Ginger Honey Glazed Chicken** | **30****SPAGHETTI W/ MEAT SAUCE**Parmesan CheeseCalifornia Vegetable MedleyDessertPeach Cup |  |  |  |

**We do our best to accommodate choices, however meal substitutions may be necessary based on availability. To contact Meals on Wheels, call 651-318-9091. Beverage choice of milk or juice is served with every meal. Call to order weekend meals. Monthly choice meals are:**

1. Turkey Tetrazzini 2) Beef Lasagna 3) Vegetable Egg Bake 4) Parmesan Crusted Fish

\*For Roseville Area residents, see Roseville Meals on Wheels Menu at: <https://communityed.isd623.org/adults/meals-on-wheels>