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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **1**  **BEEF PICADILLO**  Brown Rice  Corn  Pineapple Cup | **2**  **TURKEY TETRAZZINI**  Whole Wheat Egg Noodles  Carrots  Dessert | **3**  **TATER TOT HOT DISH**  Tater Tots  Shredded Cheddar Cheese  Vegetable Medley  Pear Cup  Dessert | **4**  **BEEF STEW**  Mashed Potatoes  Green Beans  Dinner Roll  Applesauce Cup | **5**  **GINGER SOY FISH**  Brown Rice  Asian Vegetable Blend  Dessert  ***Alt*: Ginger Soy Chicken** |
| **8**  **POT ROAST w/ GRAVY**  Mashed Potatoes  Vegetable Medley  Dinner Roll w/ Butter  Pear Cup | **9**  **CHICKEN ENCHILADA BAKE**  Spanish Rice  Corn  Dessert | **10**  **BEEF STROGANOFF**  Whole Wheat Egg Noodles  Peas  Applesauce Cup  Dessert | **11**  **THREE CHEESE PASTA w/ TURKEY**  Whole Wheat Penne  Vegetable Medley  Dessert | **12**  **PARMESAN CRUSTED FISH**  Barley Risotto  Italian Vegetable Blend  Fruit Cup  ***Alt*: Parmesan Chicken** |
| **15**  **MACARONI & CHEESE**  Peas  Fruit Cup  Dessert | **16**  **ROSEMARY CHICKEN**  Brown & Wild Rice-Cranberry Pilaf  Vegetable Medley  Dessert | **17**  **ROAST TURKEY DINNER**  Gravy  Stuffing  Green Beans  Applesauce Cup | **18**  **COCONUT CURRY FISH**  White Rice  Peas  Fruit Cup  Dessert  ***Alt*: Coconut Curry Chicken** | **19**  **BEEF MEATLOAF**  Mashed Potatoes  Green Beans  Dinner Roll  Fruit Cup |
| **22**  **CHICKEN WILD RICE SOUP**  Green Beans  Fruit Cup  Dessert | **23**  **SALISBURY STEAK**  Whole Wheat Egg Noodles  Mushroom Gravy  Dessert | **24**  **GARLIC SALMON**  Garlic and Vegetable Sauce  Brown Rice  Edamame  Peach Cup  Dessert  ***Alt*: Garlic Chicken** | **25**  **BBQ CHICKEN**  Brown Rice w/ Corn  Vegetarian Baked Beans  Pineapple Cup | **26**  **BAKED HAM w/ MUSTARD APPLE SAUCE**  Mashed Potatoes  Green Beans  Dinner Roll  Fruit Cup  ***Alt*: Baked Chicken** |
| **29**  **GINGER HONEY GLAZED PORK**  Brown Rice  Broccoli  Fruit Cup  Dessert  ***Alt*: Ginger Honey Glazed Chicken** | **30**  **SPAGHETTI W/ MEAT SAUCE**  Parmesan Cheese  California Vegetable Medley  Dessert  Peach 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>