



MEALS ON WHEELS

November 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 <u>Macaroni and Cheese</u> Whole Wheat Elbow Noodles Mixed Vegetables Dessert	4 <u>BBQ Chicken</u> Brown Rice Chuckwagon Vegetable Blend Pineapple Cup	5 <u>Beef Cottage Pie</u> Mashed Potatoes Green Beans Cinnamon Applesauce	6 <u>Tuna Nicoise Pasta Salad *COLD*</u> <i>Alt: Chicken Nicoise Pasta Salad *COLD*</i> Whole Wheat Pasta, Tuna, Hard Boiled Egg, Tomato, Potato, Green Beans, Dijon Vinaigrette Dessert Banana	7 <u>Garlic Parmesan Pork</u> Barley Risotto Corn Dessert <i>Alt: Garlic Parmesan Chicken</i>
10 <u>Salisbury Steak</u> Whole Wheat Egg Noodles Mushroom Gravy Mixed Vegetables Dessert	11 <u>Breakfast Sandwich on English Muffin</u> Turkey Sausage Egg Patty Provolone Cheese Breakfast Potato Hash Peach Cup	12 <u>Primavera Casserole</u> Whole Wheat Pasta Peas and Carrots Dessert	13 <u>Chicken Salad Kit *COLD*</u> 3 Bean Salad Roasted Sweet Potatoes Dinner Roll Butter Apple Slices	14 <u>Mustard Herb Roasted Fish</u> Wild Rice Pilaf Corn Mixed Fruit Cup Dessert <i>Alt: Mustard Herb Chicken</i>
17 <u>Chicken Wild Rice Hotdish</u> Corn Pear Cup	18 <u>Baked Fish w/ Spinach Cream Sauce</u> Whole Wheat Pasta Capri Vegetable Blend Cinnamon Applesauce Dessert <i>Alt: Baked Chicken w/ Spinach Cream Sauce</i>	19 <u>Cheesy Chicken and Rice</u> Peas, Zucchini, Carrots, Onion, & Green Beans Dessert	20 <u>Harvest Salad *COLD*</u> Spinach, Quinoa, Sweet Potatoes, Pears, Diced Cranberries, Walnuts, Pumpkin Seeds, Feta Apple Cider Dressing Banana	21 <u>Beef Lasagna</u> Zucchini, Cauliflower, Green Beans, Carrot, Lima Beans Dessert
24 <u>Honey Mustard Pork</u> Wild Rice Pilaf Potato Hash Pear <i>Alt: Honey Mustard Chicken</i>	25 <u>Fish Taco Bowl</u> Cuban Beans and Rice Pineapple Mango Salsa Corn Dessert <i>Alt: Chicken Taco Bowl</i>	26 <u>Meatloaf</u> Mashed Potatoes Beef Gravy Mixed Vegetables Dessert	27 <u>Roast Turkey Dinner</u> Stuffing Gravy Glazed Carrots Dessert	28 <u>Beef Chili</u> Brown Rice Cheddar Cheese Mandarin Orange Cup

We do our best to accommodate choices however meal substitutions may be necessary based on availability. To contact Meals on Wheels call 651-371-7009. Beverage choice of milk or juice is served with every meal. Call to order weekend meals.

Monthly choice meals are:

- 1) Three Cheese Pasta with Turkey
- 2) Meatloaf
- 3) Roasted Red Pepper Sweet Potato Soup
- 4) Lemon Garlic Fish

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



MEALS ON WHEELS

October 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 <u>Cheeseburger Casserole</u> Whole Wheat Pasta Peas and Carrots Mandarin Orange Cup	2 <u>Sweet and Sour Chicken</u> Edamame, Corn, Carrots, Broccoli, & Red Pepper Dessert	3 <u>Roasted Veggie Wrap</u> <u>*COLD*</u> Pasta Salad Whole Wheat Tortilla Mixed Fruit Cup Dessert
6 <u>Macaroni and Cheese</u> Whole Wheat Elbow Noodles Mixed Vegetables Dessert	7 <u>Mustard Herb Roasted Fish</u> Brown and Wild Rice Pilaf Corn Pear Cup Dessert <i>Alt: Mustard Herb Chicken</i>	8 <u>Pasta w/ Meat Sauce</u> Broccoli Peach Cup	9 <u>Chicken Salad Kit</u> <u>*COLD*</u> 3 Bean Salad Baby Carrots Dinner Roll Butter Apple Slices	10 <u>Pork Loin w/ Mustard Apple Glaze</u> Mashed Potatoes Mixed Vegetables Dessert <i>Alt: Chicken w/ Mustard Apple Glaze</i>
13 <u>Baked Fish w/ Spinach Cream Sauce</u> Whole Wheat Pasta Capri Vegetable Blend Mandarin Orange Cup Dessert <i>Alt: Baked Chicken w/ Spinach Cream Sauce</i>	14 <u>BBQ Chicken</u> Brown Rice Chuckwagon Vegetable Blend Pineapple Cup	15 <u>Ground Beef Hotdish</u> Tater Tots Corn, Carrots, & Green Beans Mixed Fruit Cup	16 <u>Spring Mix Salad</u> <u>*COLD*</u> Banana Dessert	17 <u>Garlic Parmesan Pork</u> Barley Risotto Corn Dessert <i>Alt: Garlic Parmesan Chicken</i>
20 <u>Three Cheese Turkey Pasta</u> Whole Wheat Pasta Shredded Mozzarella Capri Vegetable Blend Dessert	21 <u>Salisbury Steak</u> Whole Wheat Egg Noodles Mushroom Gravy Peas and Carrots Fresh Pear	22 <u>Lemon Garlic Fish</u> Barley Risotto Peas Dessert <i>Alt: Lemon Garlic Chicken</i>	23 <u>Chef's Salad *COLD*</u> Dinner Roll Butter Peach Cup	24 <u>Cheesy Chicken and Rice</u> Peas, Zucchini, Onion, Green Beans, & Carrots Applesauce Cup Dessert
27 <u>Beef Lasagna</u> Zucchini, Yellow Squash, Green Beans, Red Bell Pepper, & Spinach Peach Cup	28 <u>Primavera Casserole</u> Whole Wheat Pasta Peas & Carrots Dessert	29 <u>Lemon Feta Turkey</u> Orzo Pasta Zucchini, Cauliflower, Carrot, Green Bean, & Lime Bean Dessert	30 <u>Tuna Nicoise Pasta Salad *COLD*</u> Whole Wheat Pasta, Tuna, Hard Boiled Egg, Tomato, Potato, Green Beans, Dijon Vinaigrette Pear Cup Dessert <i>Alt: Chicken Nicoise Pasta Salad *COLD*</i>	31 <u>Breakfast Sandwich on English Muffin</u> Turkey Sausage Egg Patty Provolone Cheese Breakfast Hash Banana

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) Lemon Chicken & Barley Soup
- 2) Beef Lasagna
- 3) Vegetable Fried Rice with Tofu
- 4) Fish Taco Bowl

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