





Independence
Meals on Wheels

NOVEMBER 2018

All meals are made in Independence,
served every week day.
Extra meals can be order.
Call 816-254-9566 between 8 - noon

SUN	MON	TUE	WED	THUR	FRI	SAT
Menu subject to change		On Nov 12 is Veterans Day Holiday & Nov 22 & 23 is Thanksgiving Holiday Meals will not be delivered. Please request extra meal to be delivered on the day Before the Holidays		1 BBQ Pork Sweet Potatoes Corn Dessert	2 Breakfast Casserole Spiced Apples Dessert	3
4 Daylight Savings Time 	5 Baked Fish Buttery Noodles California Vegetables Dessert	6 Chicken Patty Mashed Potatoes w/ White Gravy Green beans Dessert	7 Sweet & Sour Pork over Rice Carrots Dessert	8 Beef Enchiladas Green Beans Dessert	9 Cheese Quesadilla Tomato Au Gratin Dessert	10
11	12 <u>VETERAN's DAY</u> <u>Closed</u> 	13 Meatloaf Mashed Potatoes & Gravy Green Beans Dessert	14 Parmesan Crusted Chicken Scallop Potatoes Stewed Tomatoes Dessert	15 Beef Stew Corn Dessert	16 Lemon & Dill Fish Herb Rice Antigua Vegetables Dessert	17
18	19 Sausage Au gratin California Vegetables Dessert	20 Smothered Pork over Rice Spinach Dessert	21 Salisbury Steak Mashed Potatoes w/ Brown Gravy Broccoli Dessert	22 <u>HAPPY</u> <u>THANKSGIVING</u>	23 	24
25	26 Beef Stroganoff w/ Noodles Mixed Vegetables Dessert	27 Cabbage Casserole Spiced Peaches Dessert	28 Chicken Alfredo w/ Noodles Broccoli Dessert	29 Pork w/ Sour Cream Sauce Sweet potatoes Creamed Peas Dessert	30 Tuna Casserole Beets Dessert	