

# NOVEMBER



## MEALS ON WHEELS

All meals are made in Independence served every weekday.  
Extra meals can be ordered.  
Call 816-254-9566 between 8 – noon

**Wed**

**Thur**

**Fri**

**Sat**

	1 Spaghetti & Meatballs Italian Vegetables Dessert	2 Oven Fried Chicken Mashed Potatoes & Gravy California Vegetables Dessert	3 BBQ Pork Baked Beans Antigua Vegetables Dessert	4 Salisbury Steak Mashed Potatoes & Gravy Carrots Dessert	5 Lemon Garlic Fish Mac & Cheese Spinach Dessert	6 <b>Menus subject to change</b>
7	8 Ham w/Pineapple Scalloped Potatoes Mixed Vegetables Dessert	9 Parmesan Chicken Ranch Potatoes Honey Glazed Carrots Dessert	10 Meatloaf Mashed Potatoes & Gravy Green Beans Dessert	11 Breakfast Casserole Spiced Peaches Dessert	12 Chicken Alfredo Stewed Tomatoes Dessert	13
14	15 Riblets Au Gratin Potatoes Cauliflower Dessert	16 Italian Chicken Scalloped Potatoes Tuscan Vegetables Dessert	17 Taco Salad Spiced Apples Dessert	18 Smother Burgers Mashed Potatoes & Gravy Green Beans Dessert	19 Apricot Pork Wild Rice Carrots Dessert	20
21	22 Creamy Chicken & Rice Broccoli w/ cheese Dessert	23 Biscuits & Gravy Sausage Links Spiced Peaches Dessert	24 Hot Turkey Sandwich Mashed Potatoes & Gravy California Vegetables Dessert	25	26	27
28	29 Chicken Tetrazzini Italian Vegetables Dessert	30 Hot Beef Sandwich Mashed Potatoes & Gravy Green Beans Dessert				