




November 2023

Meals On Wheels

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

SUN	MON	TUE	WED	THUR	FRI	SAT
Menu subject to change			1 - Biscuits & Gravy - Sausage Patties - Spiced Peaches	2 - Oven Fried Chicken - Mashed Potatoes & Gravy - Green Beans	3 - Goulash - Broccoli & Cheese	4
5	6 - Spiced Ham & Apples - Scalloped Potatoes - Peas & Carrots	7 - Italian Chicken - Wild Rice - Italian Vegetables	8 - Chili Dogs - Mixed Vegetables	9 - BBQ Pork - Au Gratin Potatoes - Peas & Mushrooms	10 - Picante Chicken Over Rice - Cauliflower	11
12	13 - Beef Enchilada - Mexican Corn	14 - Pork Loin w/ Mushroom Gravy - Mashed Potatoes - Carrots	15 - Chicken Al-Fredo - California Vegetables	16 - Hot Beef Sandwich - Mashed Potatoes & Gravy - Green Beans	17 - Ham & Cheesy Rice - Mixed Vegetables	18
19	20 - Parmesan Crusted Chicken - Scalloped Potatoes - Corn	21 - Meatloaf - Mashed Potatoes & Gravy - Green Beans	22 - Fish Sticks - Mac & Cheese - Peas	23 CLOSED Thanksgiving Holiday	24 CLOSED Thanksgiving Holiday	25
26	27 - BBQ Chicken - Baked Beans - Corn	28 - Smothered Beef Patties - Mashed Potatoes & Gravy - Carrots	29 - Breakfast Casserole - Spiced Apples	30 - Spaghetti & Meatballs - California Vegetables		

EACH MEAL SERVED WITH BREAD/MARGARINE & MILK OR JUICE