


# DUNKIRK-FREDONIA MEALS ON WHEELS

196 Newton Street, Suite 5 • Fredonia, NY 14063 • 366-8822

November 2018 - COLD **Alternate to the Heatable Meal**

1/2 pint 1% Milk served with each meal / Meals subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> Bologna & Cheese Sandwich Green Pea Salad Fruit Cup Pudding (Mustard)	<b>2</b> Egg Salad Sandwich 3-Bean Salad Orange Juice Pound Cake
<b>5</b> Sliced Ham Sandwich Potato Salad Fresh Fruit Chiffon Gelatin (Mustard)	<b>6</b> Chicken Salad Sandwich Fresh Carrots Grape Juice Cookie (Ranch Dressing)	<b>7</b> Seafood Salad on Croissant Marinated Vegetable Salad Peaches Fig Cookies	<b>8</b> Roast Beef Sandwich Coleslaw Pears Muffin (Horseradish Sauce)	<b>9</b> Sliced Turkey & Cheese Sandwich Vegetable Pasta Salad Apple Juice, Plums (Mayonnaise)
<b>12 Veteran's Day</b> Tuna Salad Sandwich 3-Bean Salad Orange Lorna Doones	<b>13</b> Cold Cut Sub Cucumber Salad Banana, Cookie (Italian Dressing)	<b>14</b> Cold Meatloaf Sandwich Macaroni Salad Mandarin Oranges Fruited Gelatin (Ketchup)	<b>15</b> Seafood Salad on Croissant Carrot-Penny Salad 24 hr. Fruit Dessert Graham Squares	<b>16</b> Ham Salad Sandwich German Potato Salad Peaches Cookie
<b>19</b> Egg Salad Sandwich Pickled Beets Pineapple Pound Cake	<b>20</b> Peanut Butter & Jelly Sandwich Cottage Cheese Grape Juice Fresh Fruit	<b>21</b> Tuna Salad Sandwich Cucumber Salad Fruited Gelatin Pumpkin Pie		<b>DFMOW CLOSED - No Meal Delivery. Please call 366-8822 by November 14 to order an extra weekend box if needed.</b>
<b>26</b> Sliced Turkey Sandwich Macaroni Salad Lo Salt Vegetable Juice Apricots (Mayonnaise)	<b>27</b> Sliced Roast Beef Sandwich Carrot - Raisin Salad Apple Juice Muffin (Horseradish Sauce)	<b>28</b> Cold Meatloaf Sandwich 3-Bean Salad Applesauce Cookie (Ketchup)	<b>29</b> Chicken Salad Sandwich Toss Salad Orange Juice Lorna Doones (Salad Dressing)	<b>30</b> Sliced Turkey Sandwich Corn Relish Salad LS Vegetable Juice Small Donut (Mayonnaise)