



DUNKIRK-FREDONIA MEALS ON WHEELS

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

NOVEMBER 2018 - **Heatable Meal** Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Beef Stew Winter Squash Biscuit, Apple Juice, Pudding (Margarine)	2 Macaroni & Cheese Broccoli Pears, Muffin (Margarine)
5 Pot Roast w/ Gravy Mashed Potatoes Mixed Vegetables, Bread Chiffon Gelatin (Margarine)	6 #2 Cheese Manicotti w/ Marinara Sauce Italian Vegetable Medley Grape Juice, Garlic Roll, Cookie (Margarine, Parmesan)	7 Meatloaf w/ Gravy Mashed Potatoes Beets, Bread, Peaches (Margarine)	8 Baked Ham w/ Pineapple ring Sweet Potatoes Wax Beans, Orange Juice Muffin (Margarine)	9 Chili w/ Crackers Carrots, Cornbread Apple Juice Pudding (Margarine)
12 Veteran's Day Chicken Cordon Bleu w/gravy, Mashed Potato Peas w/ Onions, Bread Lorna Doone (Margarine)	13 Cheese Omelet Broccoli LS Vegetable Juice, Muffin, Banana (Margarine)	14 Polish Sausage w/Sauerkraut Mashed Potatoes Mixed Vegetables Bread, Fruited Gelatin (Margarine, Mustard)	15 Chicken Ala King Biscuit, Corn Orange Juice 24-Hour Dessert (Margarine)	16 Ground Beef Stroganoff Casserole Zucchini w/ Tomatoes Roll, Peaches (Margarine)
19 Chicken Drumsticks Au gratin Potatoes Broccoli Bread, Pound Cake (Margarine)	20 Italian Lasagna Spinach Garlic Roll, Grape Juice Pudding (Margarine)	Thanksgiving Meal 21 Turkey w/ Gravy Stuffing, Mashed Potatoes Winter Squash Pumpkin Pie (Cranberry Sauce, Margarine)		<u>DFMOW CLOSED - No Meal Delivery. Please call 366-8822 by November 14 to order an extra weekend box if needed.</u>
26 Scalloped Potatoes & Ham Broccoli Bread, LS Vegetable Juice Fruit Crisp (Margarine)	27 Tuna Noodle Casserole Stewed Tomatoes Apple Juice Roll, Chiffon Gelatin (Margarine)	28 Roast Pork w/ Gravy Mashed Potatoes Red Cabbage Bread, Applesauce (Margarine)	29 Spaghetti & Meatballs Toss Salad Italian Bread, Fresh Fruit (Margarine, Salad Dressing & Parmesan Cheese,)	30 Pancakes w/ Syrup #2 Sausage links Apples w/ Craisins LS Vegetable Juice Small Yogurt (Margarine)