

DUNKIRK-FREDONIA MEALS ON WHEELS

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

November 2018 - **COLD MEAL**

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

Monday	Tuesday	Wednesday	Thursday	Friday
 <h1 style="font-size: 48px; margin: 0;">November</h1>			<p>1</p> <p>Bologna & Cheese Sandwich Green Pea Salad Fruit Cup</p>	<p>2</p> <p>Egg Salad Sandwich Orange Juice Pound Cake</p>
<p>5</p> <p>Sliced Ham Sandwich Potato Salad Fresh Fruit</p>	<p>6</p> <p>Chicken Salad Sandwich Fresh Carrots Applesauce</p>	<p>7</p> <p>Seafood Salad on Croissant Marinated Vegetable Salad Fig Cookies</p>	<p>8</p> <p>Roast Beef Sandwich Coleslaw Pears (Horseradish Sauce)</p>	<p>9</p> <p>Sliced Turkey & Cheese Sandwich Vegetable Pasta Salad Plums</p>
<p>12</p> <p>Tuna Salad Sandwich 3-Bean Salad Orange</p>	<p>13</p> <p>Cold Cut Sub Cucumber Salad Cookie</p>	<p>14</p> <p>Cold Meatloaf Sandwich Macaroni Salad Mandarin Oranges</p>	<p>15</p> <p>Seafood Salad on Croissant Carrot-Penny Salad Graham Squares</p>	<p>16</p> <p>Ham Salad Sandwich German Potato Salad Cookie</p>
<p>19</p> <p>Egg Salad Sandwich Pickled Beets Pineapple</p>	<p>20</p> <p>Peanut Butter & Jelly Sandwich Cottage Cheese Fresh Fruit</p>	<p>21</p> <p>Tuna Salad Sandwich Cucumber Salad Holiday Gelatin</p>		
<p>26</p> <p>Sliced Turkey Sandwich Macaroni Salad Apricots</p>	<p>27</p> <p>Sliced Roast Beef Sandwich Carrot - Raisin Salad Muffin (Horseradish Sauce)</p>	<p>28</p> <p>Cold Meatloaf Sandwich 3-Bean Salad Cookie</p>	<p>29</p> <p>Chicken Salad Sandwich Orange Juice Lorna Doones</p>	<p>30</p> <p>Sliced Turkey Sandwich Corn Relish Salad Small Donut</p>

*** PLEASE NOTE: IF THE COLD MEAL IS DELIVERED ALONE, SIDE DISHES WILL VARY TO MEET NUTRITION REQUIREMENTS

