




# NOVEMBER 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Please return your menu with the meals you would like no later than October 27<sup>th</sup>.</b>	Eating all 19 meals this month in the dining room = \$47.50. Meals on Wheels delivery cost for all 19 meals this month= \$66.50. Please pre-pay for your meals. Thank you!	1 Lasagna Soup Salad Garlic Knot Strawberry Cake	2 Meatloaf Mashed Potatoes Carrots Chocolate Chip Cookie	3 Goulash Salad Hot Bread
6 Shrimp Fried Rice Egg Roll Ice Cream Sandwich	7 Baked Chicken Tacos Lettuce & Tomato Sour Cream Muffin	8 Crispy Baked Tilapia Potato Salad Baked Veggies Brownie	9 Cheesy Broccoli Soup Pig in a Blanket Cottage Cheese w/Pineapple	10 <b>CLOSED</b>
13 Breakfast Burrito Fruit Salad with Yogurt	14 Spaghetti w/Meatballs Garlic Bread Lemon Bar	15 Grilled Chicken Caesar Salad Wheat Roll Banana Bread	16 Turkey with Gravy Green Bean Casserole Stuffing Pie	17 Cabbage Rolls Mixed Vegetables
20 French Toast Casserole Sausage Patty Jell-O Cup	21 Taco Salad Corn Chips Cupcake	22 Egg Salad Sandwich Pickled Beets Baked Beans Cookie	23 <b>CLOSED</b>	24 <b>CLOSED</b>
27 Cheeseburger Lettuce Tomato Pea Salad Pears	28 Liver & Onions Mashed Potatoes Cauliflower Tapioca Pudding	29 Beef Lentil Soup Tossed Salad Bread Stick Spice Cake	30 Ham & Cheese Sliders Tater Tots Lemon Pudding	

Moffat County Senior Meal Program for meal reservations please call 824-3911 by 8:00A.M. **\*Meals are subject to change without notice.**