

November



(816)270-4100 MENU for PSSI MOW/Home-Delivered Meals

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Margarine & 1% Milk served w/all meals</p> 	<p><u>YOU MUST CALL 816.270.4100 BY 11 AM THE BUSINESS DAY BEFORE TO ORDER/CANCEL A MEAL</u></p>	<p>1 Beef Stew/Veggies Salad/Tom/Car Banana Corn Muffin Ranch Salad Dress. Oatmeal/Raisin Cookie</p>	<p>2 Chicken Stir Fry Stir Fry Veggies Beets Pickled (cold) Short Bread Cookies Mandarin Oranges White WG Bread Rice Soy Sauce (Low Sod.)</p>	<p>3 Swiss Steak w/Tom. Mashed Potatoes Peas/Carrots Apple Slices Multigrain Bread Tapioca Pudding</p>
<p>6 Fish (Breaded) Green Beans/Froz. Coleslaw vin/drsng Tropical Fruit Mix Mac and Cheese Tartar Sauce</p>	<p>7 Mexican Taco Salad Shredded Cheddar Lettuce/D Tomatoes Pinto Beans Orange Nacho Light Chips Taco Sauce</p>	<p>8 Cottage Pie Mashed Potatoes Green Beans Pineapple/man or mix Wheat Dinner Roll (Whole Grain)</p>	<p>9 Tuna Noodle Cass. Cauliflower/Peas Cucumber/onion Salad Applesauce Wheat Bread</p>	<p> CLOSED IN HONOR OF VETERANS DAY</p>
<p>13 Meatloaf Gravy (Brown)Low So. Fiesta Vegetables Mashed Potatoes Pears/Strawberries Wheat Dinner Roll</p>	<p>14 Chicken Diced/Seasoned Chddr Cheese -RF Salad Tom/Carrots Chuckwagon Corn Apples (Stewed) Tortilla Whole Wheat Ranch Dressing Taco Sauce</p>	<p>15 Beef Pattie Cheese (American) Salad Tom/Carrots Steak Fries Banana Hamb Bun (WG) Salad Dress. (1000)</p>	<p>16 Eggs Scrambled Sausage Links/Turkey Hash Browns Applesauce Biscuit WG Oatmeal Square Jelly</p>	<p>17 Chicken Oven Fried Gravy (Chicken LS) Mashed Potatoes Green Beans/Frzn Orange Sherb Wht. Cake Wheat Roll (WG)</p>
<p>20 Chicken Fried Steak Gravy (Country) Mashed Potatoes Green Beans Citrus Fruit Mix Wheat Dinner Roll</p>	<p>21 Sloppy Joe's Potato Salad Carrots Apple Slices Hamb Bun (WG)</p>	<p>22 Turkey Gravy (Turkey LS) Mashed Potatoes Green Bean Cass. Pumkin Pie/ Topping Wheat Dinner Roll Cranbry. Sauce</p>	<p>23 </p>	<p>24 NO DELIVERIES CLOSED FOR THANKSGIVING</p>
<p>27 Tilapia (Battered) Spinach Sweet Potatoes Trop. Fruit Mix Vinegar Oatmeal Raisin Cook. Tartar Sauce</p>	<p>28 Beef-Mac Casserole Green Beans / Frzn Vanilla Waf/Ban. Pdng. Banana Multigrain Bread</p>	<p>29 Chicken Salad Salad/Tom/Carrots Applesauce Wheat Bread Oatmeal Raisin Cookie Salad Drsng/Ranch</p>	<p>30 Mostacolli/Whl Grn w/Meat sauce Italian Veg. Salad/Tom/Carrots Pineapple/man or mix Sal. Drsng. Italian Graham Crackers</p>	<p></p>

Menu is subject to change; substitutions may be made if approved by dietician.