

Meals on Wheels & Congregate Meals Menu November

DATE	HOME DELIVERED MENU ENTREE	CONGREGATE MENU ENTREE
Thursday, Nov. 1	Pork & Mushroom Gravy, Swt Potatoes, Green Beans	Lemon Chicken, Baked Potato, Asian Blend Veggie
Friday, Nov. 2	Breakfast Scramble, Asparagus, Hash Browns	Pasta Bar
Monday, Nov. 5	Beef Patty & Onion Gravy, Redskin Potatoes, Broccoli	Pork Loin, Mashed Potatoes & Gravy, Key West Veggies
Tuesday, Nov. 6	Grilled Chicken & Pasta Alfredo, Carrots, Corn	Spaghetti & Meatballs, Green Beans, Tossed Salad
Wednesday, Nov. 7	Veal Parmesan, Peas w/ Onions & Mushrooms	Vegetable Beef Soup, Turkey Sandwich, Broccoli Salad
Thursday, Nov. 8	Breaded Fish with Coconut Curried Rice, Broccoli	Chicken Pot Pie, Tossed Salad, Baked Apples
Friday, Nov. 9	French Toast & Sausage, Hash browns, Applesauce	Breakfast Bar
Monday, Nov. 12	Closed for Holiday	Closed for Holiday
Tuesday, Nov. 13	Grilled Rosemary Chicken, Spring Vegetables, Apples	Pepper Steak, Rice, Normandy Blend Veggie, Muffins
Wednesday, Nov. 14	Pollock, Peas w/ onions & Mushrooms, Carrots	Chicken Alfredo, Broccoli, Tossed Salad, Garlic Bread
Thursday, Nov. 15	Sausage with Biscuits & Gravy, Hash browns	Baked Fish, Sweet Potato, Asparagus, Peaches
Friday, Nov. 16	Meatballs with Pizzaiola over Noodles, Green Beans	BBQ Bar
Monday, Nov. 19	Breaded Fish & Alfredo Spinach Sauce, Cauliflower	Pork Chop, Butternut Squash, Peas w/ Pearl Onions
Tuesday, Nov. 20	Cheese Omelet & Salsa, Broccoli, Hash Browns	Beef & Noodles, European Blend Veggie, Applesauce
Wednesday, Nov. 21	Lasagna, Whole Kernel Corn, Green Beans	Thanksgiving Buffet
Thursday, Nov. 22	Closed for Holiday	Closed for Holiday
Friday, Nov. 23	Closed for Holiday	Closed for Holiday
Monday, Nov. 26	Sausage, Red Beans & Rice, Cabbage, Corn w/ Peppers	Chicken Marsala, Brown Rice, Fall Roasted Veggie
Tuesday, Nov. 27	Grilled Chicken with Mushroom Swiss Rice, Apples	Potato Soup, Tomato & Feta White Bean Salad
Wednesday, Nov. 28	BBQ Pork, Redskin Potatoes, Whole Kernel Corn	Beef Stew, Spinach Salad w/Warm Bacon Dressing
Thursday, Nov. 29	Taco Soup, Sweet Potatoes, Cauliflower	Pork Loin, Au gratin Potatoes, Tossed Salad, Apple Crisp
Friday, Nov. 30	Southwest Chicken Tenders, Broccoli, Sweet Potatoes	Soup & Sandwich Bar

*Meals are served with side dishes and milk, to provide 1/3 the Recommended Daily Allowances for adults 60+

Join us for Lunch

***Call the COA to reserve your lunch at Three Rivers, Klines or Sturgis.**

Kline's Resort
269-279-8083
Fridays @ Noon
22260 Kline's Resort Rd.
Three Rivers, MI 49093

**Three Rivers
Community Center**
269-279-8083
Monday-Friday @ Noon
103 S. Douglas Avenue
Three Rivers, MI 49093

Enrichment Center
269-279-8083
Monday-Friday @ Noon
306 N. Franks Avenue
Sturgis, MI 49091

The COA offers lunch on the first and third Friday of each month in Colon at Mystic Grove Apartments. Any COA member is welcome.