

November 2025 Meals on Wheels & Senior Café

Meals on Wheels -Please remember to cancel your meal 24 hours
in advance of any appointments, etc

Sylva 631-8044

Cashiers 745-6856

Senior Café -Reservations & Cancellations required by 3pm one day in advance.

Sylva 631-8045

Cashiers 745-6856

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Dumpling Carrots Green Beans Peach Fruit cup Biscuit Milk Juice/oj	4 Taco Salad/ Casserole Pinto Beans Fiesta Corn Fresh Grapes	5 Pork Loin w/Gravy Baked Sweet Potato Cauliflower Fresh Fruit Cup Biscuit Milk	6 Pepper Steak & Gravy over Rice Mixed Vegetable Spiced apples Carrot Raisin Salad Roll Milk	7 Red Beans over Rice Sausage Medallions Collard Greens Fresh Orange Cornbread Milk
10 Breaded Tilapia Wild Rice Blend Steamed Broccoli Hush Puppies Diced Pears Milk		12 Cheeseburger/Bun (lettuce & tomato) Baked Beans Sweet Potato Fries Calico Coleslaw Fresh Orange Milk	13 Chicken Parmesan on Penne Pasta & Marinara Peas spiced apples Tossed Salad Garlic Breadstick Milk	14 Chef Salad w/ Ham & Turkey Crackers Potato Salad Cottage Cheese & Fruit Juice/oj Milk
17 Country Fried Steak w/Gravy Green Beans Macaroni & Chees Mandarin Oranges Roll Milk	18 Hamburger Steak w/Mushroom gravy Mashed Potatoes Broccoli Casserole Peaches Roll Milk	19 Cheese Ravioli w/Meat Sauce Southwestern Corn Green Beans Garlic Bread Milk Carrot Cake/frosting	20 Oven Fried Chicken Cheesy Potatoes Asparagus Milk Pineapple Cake Roll Fruit Cup	21 Apple Pork Chop Scalloped Potatoes Sliced Beets Cornbread Banana juice/oj Milk
24 Pork Roast Turnip Greens Pinto Beans Cornbread Peach Crisp Milk Juice/oj	25 French Dip w/Au Jus & Roll Sweet Potato Fries Lima Beans Milk Spice Cake juice/oj Apple Sauce	26 Roasted Turkey Dressing w/Gravy Green Beans W Roll Spiced apples Milk	27 CLOSED 	28 CLOSED 