

# November 2018 Meals on Wheels & Senior Café

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

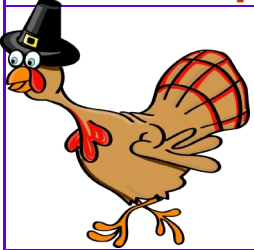
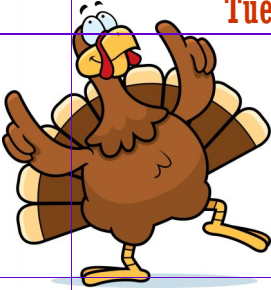




**Sylva 631-8044**

**Cashiers 745-6856**

**Senior Café** - Reservations & Cancellations must be made by 3pm one day in advance.

**Sylva 631-8045**

**Cashiers 745-6856**

Monday	Tuesday	Wednesday	Thursday	Friday
				
<b>5</b> Beef Lasagna Garden Salad Garlic Breadstick Pears      Brownie Milk	<b>6</b> Hot Brown (turkey, bread, gravy) Mashed Potatoes Green Beans Grapes      Milk	<b>7</b> Chef Salad (ham, turkey, cheese) Potato Salad Cottage Cheese & Fruit Crackers      Milk	<b>1</b> Pulled Pork Sandwich Whole Kernel Corn Breaded Okra Pineapple Tidbits Milk	<b>2</b> White Chicken Chili Apple Coleslaw Fiesta Cornbread Fresh Orange Milk
<b>12</b>  Veterans Day	<b>13</b> Ham Quiche Roasted Potatoes Spinach Salad Berry Crisp Biscuit      Milk	<b>14</b> Meatloaf w/Gravy Mashed Potatoes 4-way Vegetable Peach Cobbler Biscuit      Milk	<b>15</b> Fish Sandwich on Wheat Bun Lettuce, Tomato, Onion Creamy Coleslaw Chocolate Pudding      Milk	<b>16</b> Parmesan Crusted Chicken Green Beans Roasted Sweet Potato Apple Pie. Roll, Milk
<b>19</b> Baked Potato w/Chili, Cheese, Sour Cream      Broccoli Chilled Melon Mix Wheat Roll      Milk	<b>20</b> Split Pea Soup Ham & Cheese Sandwich Fresh Celery & Carrots w/Dip      Fresh Grapes Milk	<b>21</b> Roast Turkey Herb Dressing/Gravy Green Bean Casserole Cranberry Salad      Roll Pumpkin Pie      Milk	<b>22</b> 	<b>23</b>
<b>26</b> BBQ Chicken Steak Fries Coleslaw Peach Crisp Roll      Milk	<b>27</b> Shepherd's Pie (Beef, Veggie, Potato) Glazed Carrots Tossed Salad Texas Toast & Milk	<b>28</b> Baked Chicken Pasta Alfredo Broccoli Mandarin Oranges Roll	<b>29</b> Roast Pork Macaroni & Cheese Seasoned Spinach Spiced Apples WW Roll      Milk	<b>30</b> Turkey, Ham & Cheese Hoagie w/Lettuce & Tomato Pasta Salad Banana      Milk