

November 2017 Meals on Wheels & Senior Café

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

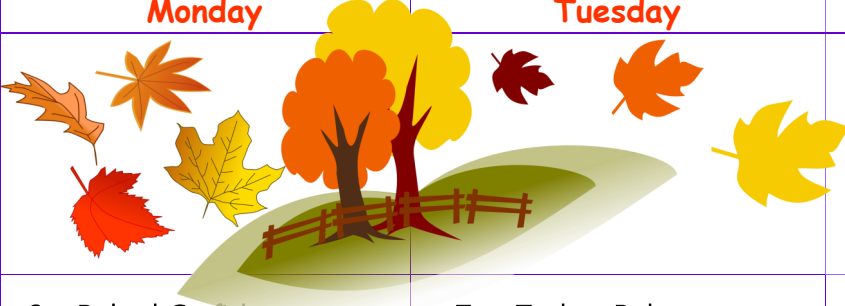


Sylva 631-8044

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
		1 Veggie Lasagna Garden Salad Cherry Cobbler Garlic Bread Milk	2 Pinto Beans Steamed Red Cabbage Fried Potatoes w/Onions Cornbread Orange Milk	3 Roast Beef Potatoes & Gravy Green Beans Apples & Raisins Texas Toast Milk
6 Baked Cattfish Brown Rice Stir Fry Vegetables Mandarin Oranges WW Roll Milk	7 Turkey Bake (turkey, noodles, sauce) Squash Sautee' Peaches Milk Pumpkin Pie	8 Roast Pork w/Cherry Glaze Black-eyed Peas Turnip Greens Peach Crisp Cornbread Milk	9 Oven Fried Chicken Cheesy Potatoes Asparagus Fresh Orange Pineapple U/D Cake	
13 Meatloaf Potatoes Anna Buttered Carrots Pears w/Cheese WW Roll Milk	14 Chicken Stir Fry Rice Pilaf Mandarin Oranges Green Peas Chocolate Cake Milk	15 Cheeseburger & Bun Lettuce & Tomato Baked Beans Banana Pudding Fresh Orange Milk	16 Cornflake Chicken Baked Sweet Potato Zucchini Fresh Fruit WW Roll Gingerbread Milk	17 Roast Turkey Herb Dressing/Gravy Green Bean Casserole Spiced Apples Roll Pecan Pie
20 Spaghetti Bake Garden Salad Fresh Grapes Garlic Toast Milk	21 White Chicken Chili Apple Cole Slaw Fiesta Cornbread Fresh Orange Milk	22 Honey Baked Ham Sweet Potato Souffle Green Peas Peaches Corn Bread Milk	23 CLOSED 	24 CLOSED
27 BBQ Chicken Drumsticks Squash Casserole Lima Beans Applesauce Texas Toast Milk	28 Hamburger Steak Potatoes & Gravy Green Peas Creamsicle Pudding WW Roll Milk	29 Turkey Ham Scrambled Eggs Cheese Grits Tropical Fruit Biscuit Juice Milk	30 Popcorn Shrimp Black Eyed Peas California Blend Banana Pudding Roll Milk	