

November 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	If you try to call and can't reach us, leave a note on your door.	Reminder: Home Delivered Meals are for home bound individuals.		1 Lemon Baked Fish
To Cancel your meal, call 641-792-7102. Meals will not be left if you are not home or have not communicated with us.	That way we won't have to call you if you aren't home. However, do try calling first, unless it's a note telling us to leave the meal in your refrigerator.	If you live in Newton, Colfax or Monroe and drive everywhere else, you should be coming to the site to eat or pick up your meals.		Sweet Potato Cabbage, Carrots, and Onions Strawberries
4 Country Fried Chicken Patty Whipped Potatoes w/Gravy Creamed Spinach Apricots	5 BBQ Beef Sandwich Sweet Potato Tots 2 Bean Salad Mandarin Oranges	6 Softshell Meat & Cheese Taco Refried Beans Mixed Berries Cookie	7 Cook's Choice Chili Warm Cinnamon Roll Carrots w/Ranch Applesauce	8 Chicken Strips Au Gratin Potatoes Peas w/Onions Pears Peach Crisp
11 Tuna Noodle Casserole Marinated Carrot Salad Tropical Fruit Pudding	12 Sloppy Joe on Bun Cube Potatoes Mixed Vegetables Cinnamon Applesauce	13 Beef Stroganoff Brussels Sprouts Peaches	14 Cook's Choice Chicken Patty on Bun Italian Pasta Salad Pears Chocolate Chip Cookie	15 1/2 Egg Salad Sandwich Soup Crackers 24 Hour Fruit Salad Apple Cobbler
18 Hamburger w/Gravy Potatoes Spoon Salad Mandarin Oranges Brownie	19 Aloha Chicken Cheddar Mashed Potatoes Brussels Sprouts Pineapple	20 Breakfast Casserole Carrots w/Butter Sauce Fruited Yogurt	21 Thanksgiving Meal Turkey Ham Mashed Potatoes & Gravy Green Bean Casserole Cranberry Fruit Salad Pumpkin Crunch	22 Garden Vegetable Lasagna Soup Spinach Crackers Cottage Cheese & Peaches
25 Green Pepper Casserole Corn Apple Slices Dessert	26 Swiss Steak with Tomatoes over Brown Rice Beets in Orange Sauce Dinner Roll Tropical Fruit	27 Pizza Burger Balsamic Roasted Asparagus Baked Cinnamon Peaches Oatmeal Raisin Cookie	28 Thanksgiving 	29 CLOSED
			CLOSED	

**Milk offered with all meals. All meals meet 1/3 of the Recommended Dietary Allowances (RDA) for older adults.


Stephanie Labenz, MS,RD,LD