






November 2017
MEALS ON WHEELS

ANTELOPE VALLEY SENIOR CENTER (530) 495-2323

Substitutions May Occur

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Chicken Ricotta Italian Veggies Garlic Bread Sticks Peaches	2 Italian Wedding Soup Strawberry Spinach Salad Ginger Biscuit	3 Bingo Pork chops w/mashed potato Capri Veggie Oatmeal Muffin Fresh Apple
6 Egg Salad Sandwich w/Nuggets Tomato Salad Apricot Muffin Berries and Yogurt	7 Beef Stir Fry Brown Rice Baked Zucchini Mandarin Oranges	8 Chicken Enchiladas Refried Beans Mexican Coleslaw Mango and Cream	9 Cheese Burger Deluxe Oven Fries Broccoli Salad Pineapple w/jello	10 Closed 
13 Sheppard's Pie Green Salad Corn bread Pears	14 Pork & Salsa Verde Mexican Rice Sugar snap Peas Citrus Salad	15 Craft Day BBQ Chicken Wings Potato Salad Bran Muffin Fruit Cocktail	16 Mac & Cheese w/ Ham Cheddar Biscuit Bermuda Veggies Mandarin Oranges Peanut Butter Cookie	17 Thanksgiving Lunch w/Bingo! Roast Turkey Mash Potatoes/gravy Green Beans Herb Roll Grapes
20 Baked Salmon Couscous & Quinoa Winter Veggies Banana w/pudding 	21 Chinese Chicken Salad Honey Wheat Biscuit Pineapple	22 Fish Tacos Wild Rice Ultimate Beet Salad Peaches	23 Closed 	24 Closed 
27 Chicken Salad on Pita 3 Bean Salad Apricots	28 Lemon Catfish Herb Noodles Broccoli Tropical Fruit Sugar free Dessert	29 Birthday Party Pulled Pork Sandwich Tater Tots Carrot Salad Pears w/cake	30 Meatloaf w/Mashed Potatoes and Gravy Hawaiian Roll Roasted Veggies Waldorf Salad	

Suggested Donation for Seniors Dining-In is \$ 2.00 per meal. Fixed fee for Non-Senior or any order packed "TO GO" is \$ 4.50 per meal.