

November 2020
Home Delivery Menu



Suggested Contribution
\$4.50 per meal

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Meatloaf w/Gravy Parslied Potatoes Glazed Carrots Multigrain Bread Fresh Orange</p>	<p>3</p> <p>Chicken Caprese Garlic and Red Pepper Penne Green Peas Multi-Grain Bread Cranapple Crisp</p>	<p>4</p> <p>Beef Taco Meat Lettuce & Tomato Black Beans Fiesta Vegetables Whole Wheat Tortilla Apricot Halves</p>	<p>5</p> <p>Lemon Pepper Fish Parslied Rice California Vegetable Blend Whole Wheat Bread Fresh Banana</p>	<p>6</p> <p>Beef Hot Dog  Ranch Roasted Potatoes Broccoli w/Cheese Whole Wheat Hot Dog Bun Mandarin Oranges Oatmeal Raisin Cookie</p>
<p>9</p> <p>Broccoli and Cheese Bake Capri Vegetables Corn O'Brien Unsalted Crackers Mixed Fruit</p>	<p>10</p> <p>Baked Chicken Breast Spinach Artichoke Sauce Tossed Spinach Salad Brown Rice Whole Grain Garlic Breadstick Hot Applesauce</p>	<p>11</p> <p>Closed Veteran's Day</p>	<p>12</p> <p>Roast Beef with Gravy Whipped Potatoes Green Beans and Carrots Whole Wheat Bread Blushing Pears</p>	<p>13</p> <p>Turkey Sausage & Red Beans Brown Rice  Brussels Sprouts Unsalted Crackers Fresh Orange</p>
<p>16</p> <p>Cheesy Potato Soup Broccoli & Carrots Cherry Crisp Unsalted Crackers</p>	<p>17</p> <p>Beef Au Jus Northern Beans Spinach Multi-Grain Bread Mandarin Oranges</p>	<p>18</p> <p>Potato Crusted Pollock Macaroni & Cheese Tuscany Vegetable Blend Multi-Grain Bread Fresh Banana</p>	<p>19</p> <p>Whole Grain Breaded Fish Green Peas Confetti Coleslaw Whole Grain Roll Hot Peaches</p>	<p>20</p> <p>Bruschetta Chicken Rigatoni Pasta Tuscany Vegetable Blend Whole Wheat Bread Fresh Banana</p>
<p>23</p> <p>Chicken Fajitas Black Beans & Rice California Vegetables Whole Grain Tortilla Blushing Pears</p>	<p>24</p> <p>Swiss Steak Buttermilk Potatoes Mixed Vegetables Whole Grain Roll Fresh Orange</p>	<p>25</p> <p>Chicken Tortilla Soup Sliced Carrots Tossed Spinach Salad Cornbread Hot Pineapple Tidbits</p>	<p>26</p> <p>Closed Thanksgiving Day</p>	<p>27</p> <p>Closed Thanksgiving Holiday</p>

<p>30</p> <p>Salisbury Beef Mushroom Gravy Whipped Potatoes Spinach Whole Wheat Bread Pineapple Tidbits</p>
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Meals on Wheels Program
2521 Old Sonoma Road
Napa, CA 94558



Indicates Menu with > 1,000 mg sodium