


VINE Hot Meals On Wheels

November 2022

Mon	Tue	Wed	Thu	Fri
	1 3 oz. Glazed Chicken 1/2 c. Brown Rice 1/2 c. Creamed Corn 1/2 c. Scalloped Apples Wheat Bread/Butter	2 3 oz. Swiss Steak 1/2 c. Parslied Potatoes 1/2 c. Lettuce/Salad Dressing Wheat Bread/Butter 2"x2" Strawberry Shortcake	3 8 oz. Beef Stew with Carrots & Potatoes 1/2 c. Fruit Salad Wheat Bread/Butter 1/8 Slice Pie	4 3 oz. Chicken Salad on Bun 1/2 c. Pasta Salad 1/2 c. Cauliflower 1 Banana 2"x2" Carrot Cake
7 6 oz. Tuna Noodle Hotdish 1/2 c. Peas 1/2 c. Pineapple Wheat Bread/Butter 2"x2" Brownie	8 3 oz. Roast Beef 1/2 c. Mashed Potatoes/Gravy 1/2 c. County Blend Vegetables 1/2 c. Apricots Wheat Bread/Butter	9 8 oz. Chunky Vegetable Soup 3 oz. Turkey Sandwich 1/2 c. Tropical Fruit Crackers 2"x2" Chocolate Cake	10 3 oz. BBQ Meatballs 1 Baked Potato 1/2 c. Creamy Cucumbers 1/2 c. Applesauce Wheat Bread/Butter	11 3 oz. Hamburger on Bun 1/2 c. Carrot Raisin Salad 1/2 c. Mandarin Oranges 2"x2" Apple Crisp
14 4 oz. Beef Stroganoff 1/2 c. Buttered Noodles 1/2 c. Wax Beans 1/2 c. Blushing Pears Wheat Bread/Butter	15 8 oz. Broccoli Cheese Soup 3 oz. Tuna Sandwich 1/2 c. Melon Cubes Crackers 2"x2" Peanut Butter Bar	16 3 oz. Pork Chop 1/2 c. Oven Brownd Potatoes 1/2 c. Squash 1/2 c. Strawberries Wheat Bread/Butter	17 5 oz. Chicken Parmesan over 1/2 c. Noodles 1/2 c. Prince William Vegetable 1/2 c. Mixed Fruit Wheat Bread/Butter	18 3 oz. Roast Turkey 1/2 c. Mashed Potatoes/Gravy 1/2 c. Green Beans 1/2 c. Cranberries 1/2 c. Stuffing 2"x2" Pumpkin Dessert
21 8 oz. Potato Soup 3 oz. Roast Beef Sandwich 1/2 c. Fruit Cocktail Crackers 1 Gingerbread Cookie	22 3 oz. Country Steak 1/2 c. Whole Potatoes 1/2 c. Glazed Carrots 1 Banana Wheat Bread/Butter	23 6 oz. Chicken Ala King 1/2 c. Rice 1/2 c. Three Bean Salad 1/2 c. Watermelon Wheat Bread/Butter	24 Closed For Thanksgiving 	25 4 oz. Salmon Loaf 1/2 c. Mashed Potatoes 1/2 c. Creamed Peas 1/2 c. Peaches Wheat Bread/Butter
28 5 oz. Oven Crispy Chicken 1/2 c. Macaroni & Cheese 1/2 c. Harvard Beets 1 Orange 2"x2" Cake	29 4 oz. Swedish Meatballs 1/2 c. Mashed Potatoes 1/2 c. Green Beans 1/2 c. Blushing Pears Wheat Bread/Butter	30 4 oz. Meatloaf 1/2 c. Au Gratin Potatoes 1/2 c. Coleslaw 1/2 c. Fruit Cocktail Wheat Bread/Butter	Menu is subject to change. Please call the hotline by 9 am if you'd like to cancel your meal for the day.	387-4076 