



Meals on Wheels of Metro Tulsa  
 (918) 627-4103  
**November 2022 Menu-Regular**


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>1</b> Rosemary Beef Whipped Potatoes Squash/Zucchini/ Tomatoes	<b>2</b> Turkey Taco Charro Beans Glazed Carrots	<b>3</b> Home-style Pork Roast Corn O'Brien Brussels Sprouts	<b>4</b> Chicken Alfredo Herbed Green Beans Cauliflower	<b>5</b> Bean & Cheese Burrito Whole Kernel Corn Stewed Tomatoes	<b>6</b> Baked Chicken Delmonico Potatoes Green Beans
<b>7</b> Beef w/ Peppered Gravy Mixed Beans Lemon Zest Broccoli	<b>8</b> Pork Sausage & Red Beans Medley Cabbage Country Tomatoes	<b>9</b> Breaded Chicken & Gravy Oven Roasted Potatoes Green Beans & Carrots	<b>10</b> Cajun Meatloaf Chuckwagon Corn Cauliflower	<b>11</b> Turkey Pastrami Roasted Sweet Potatoes Capri Vegetables	<b>12</b> Chicken Nuggets Lentils Diced Beets	<b>13</b> Parmesan Beef Patty Lima Beans California Vegetables
<b>14</b> Chicken Fajita Pinto Beans Mexican Style Tomatoes	<b>15</b> Fish Nuggets Whole Kernel Corn Spring Vegetables	<b>16</b> Beef Stroganoff Broccoli Parslied Carrots	<b>17</b> Herbed Pork Loin Scalloped Potatoes Green Peas	<b>18</b> Breaded Chicken Patty Whipped Potatoes Lemon Brussels Sprouts	<b>19</b> Salisbury Beef w/ Gravy Seasoned Cubed Potatoes Green Beans	<b>20</b> Chicken Piccata Whole Kernel Corn Diced Beets
<b>21</b> Balsamic Brown Sugar Beef Lentils Broccoli	<b>22</b> Italian Shells & Cheese Green Peas Sliced Carrots	<b>23</b> Lemon Butter Chicken Oven Roasted Potatoes	<b>24</b> Turkey Breast w/ Gravy Mashed Spiced Yams Green Beans	<b>25</b> Beef Enchilada Pie Hominy Summer Vegetables	<b>26</b> Chicken Nuggets Mixed Beans Stewed Tomatoes	<b>27</b> Cheese Omelet Hash browns Spinach
<b>28</b> Ham, Red Beans & Rice Black-Eyed Peas Medley Cabage	<b>29</b> Spinach Lasagna Capri Vegetables Broccoli	<b>30</b> Polish Pork Sausage Mixed Beans Catalina Vegetables				<b>31</b> *Please note that substitutions may have to be made sometimes for specific items due to shortages, unavailability of the product from the vendors, or for other reasons

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**November 2022 Menu-Chicken/Vegetarian**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>1</b> Broccoli Strata Whipped Potatoes Squash/Zucchini/ Tomatoes	<b>2</b> Turkey Taco Charro Beans Glazed Carrots	<b>3</b> Spinach & Mushroom Quiche Corn O'Brien Brussels Sprouts	<b>4</b> Chicken Alfredo Herbed Green Beans Cauliflower	<b>5</b> Bean & Cheese Burrito Whole Kernel Corn Stewed Tomatoes	<b>6</b> Baked Chicken w/ Gravy Delmonico Potatoes Green Beans
<b>7</b> Vegetarian Sausage Patties Mixed Beans Lemon Zest Broccoli	<b>8</b> Red Beans & Rice Medley Cabbage Country Tomatoes	<b>9</b> Breaded Chicken & Gravy Oven Roasted Potatoes Green Beans & Carrots	<b>10</b> Vegetarian Chili Chuckwagon Corn Cauliflower	<b>11</b> Turkey Pastrami Roasted Sweet Potatoes Capri Vegetables	<b>12</b> Chicken Nuggets Lentils Diced Beets	<b>13</b> Marinara Veggie Meatballs Lima Beans California Vegetables
<b>14</b> Chicken Fajita Pinto Beans Mexican Style Tomatoes	<b>15</b> Bean & Cheese Burrito Whole Kernel Corn Spring Vegetables	<b>16</b> Macaroni & Cheese Broccoli Parslied Carrots	<b>17</b> Broccoli Strata Scalloped Potatoes Green Peas	<b>18</b> Breaded Chicken Patty Whipped Potatoes Lemon Brussels Sprouts	<b>19</b> Garden Burger w/ Gravy Seasoned Cubed Potatoes Green Beans	<b>20</b> Chicken Piccata Whole Kernel Corn Diced Beets
<b>21</b> Vegetarian Sausage Patties Lentils Broccoli	<b>22</b> Italian Shells & Cheese Green Peas Sliced Carrots	<b>23</b> Lemon Butter Chicken Oven Roasted Potatoes	<b>24</b> Turkey Breast w/ Gravy Mashed Spiced Yams Green Beans	<b>25</b> Beef Tamale Pie Hominy Summer Vegetables	<b>26</b> Chicken Nuggets Mixed Beans Stewed Tomatoes	<b>27</b> Cheese Omelet Hash browns Spinach
<b>28</b> Red Beans & Rice Black-Eyed Peas Medley Cababge	<b>29</b> Spinach Lasagna Capri Vegetables Broccoli	<b>30</b> Cheese Omelet Mixed Beans Catalina Vegetables				<b>*Please note that substitutions may have to be made sometimes for specific items due to shortages, unavailability of the product from the vendors, or for other reasons</b>

Meals on Wheels of Metro Tulsa  
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**November 2022 Menu- Vegetarian**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>1</b> Broccoli Strata Whipped Potatoes Squash/Zucchini/ Tomatoes	<b>2</b> Vegetarian Taco Charro Beans Glazed Carrots	<b>3</b> Spinach & Mushroom Quiche Corn O'Brien Brussels Sprouts	<b>4</b> Italian Shells & Cheese Herbed Green Beans Cauliflower	<b>5</b> Bean & Cheese Burrito Whole Kernel Corn Stewed Tomatoes	<b>6</b> Black Bean Patty w/ Gravy Delmonico Potatoes Green Beans
<b>7</b> Vegetarian Sausage Patties Mixed Beans Lemon Zest Broccoli	<b>8</b> Red Beans & Rice Medley Cabbage Country Tomatoes	<b>9</b> Corn Chowder Oven Roasted Potatoes Green Beans & Carrots	<b>10</b> Vegetarian Chili Chuckwagon Corn Cauliflower	<b>11</b> Broccoli Cheese Bake Roasted Sweet Potatoes Capri Vegetables	<b>12</b> Cheese Omelet Lentils Diced Beets	<b>13</b> Marinara Veggie Meatballs Lima Beans California Vegetables
<b>14</b> Vegetarian Tacos Pinto Beans Mexican Style Tomatoes	<b>15</b> Bean & Cheese Burrito Whole Kernel Corn Spring Vegetables	<b>16</b> Macaroni & Cheese Broccoli Parslied Carrots	<b>17</b> Broccoli Strata Scalloped Potatoes Green Peas	<b>18</b> Spinach & Mushroom Quiche Whipped Potatoes Lemon Brussels Sprouts	<b>19</b> Garden Burger w/ Gravy Seasoned Cubed Potatoes Green Beans	<b>20</b> Cheese Enchiladas Whole Kernel Corn Diced Beets
<b>21</b> Vegetarian Sausage Patties Lentils Broccoli	<b>22</b> Italian Shells & Cheese Green Peas Sliced Carrots	<b>23</b> Lentil Stew Oven Roasted Potatoes	<b>24</b> Veggie Meatballs w/ Gravy Mashed Spiced Yams Green Beans	<b>25</b> Beef Tamale Pie Hominy Summer Vegetables	<b>26</b> Garlic Parmesan Couscous Mixed Beans Stewed Tomatoes	<b>27</b> Cheese Omelet Hash browns Spinach
<b>28</b> Red Beans & Rice Black-Eyed Peas Medley Cababge	<b>29</b> Spinach Lasagna Capri Vegetables Broccoli	<b>30</b> Cheese Omelet Mixed Beans Catalina Vegetables				<b>31</b> *Please note that substitutions may have to be made sometimes for specific items due to shortages, unavailability of the product from the vendors, or for other reasons