










Meals on Wheels of Metro Tulsa

(918) 627-4103


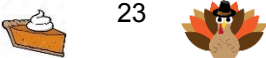


November 2023 Menu- Regular

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 Turkey Taco Charro Beans Glazed Carrots	2 Homestyle Pork Roast* Confetti Rice Brussels Sprouts	3 Chicken Alfredo Herbed Green Beans Cauliflower	4  Bean and Cheese Burrito Whole Kernel Corn Stewed Tomatoes	5 Breaded Chicken with Gravy Delmonico Potatoes Green Beans
6 Balsamic Glazed Beef Lentils Broccoli	7  Italian Shells and Cheese Green Peas Sliced Carrots	8 Lemon Butter Chicken Oven Roasted Potatoes Orange Beets	9 Turkey Breast with Gravy Whipped Sweet Potatoes Green Beans	10 Beef Enchilada Pie Confetti Brown Rice Summer Vegetable Blend	11 Chicken Nuggets Mixed Beans Stewed Tomatoes	12  Cheese Omelet Hashbrowns Spinach
13 Chicken Fajita Pinto Beans Mexican Style Tomatoes	14 Fish Nuggets Whole Kernel Corn Spring Vegetable Blend	15 Beef Meatball Stroganoff Penne Pasta Broccoli	16 Herbed Pork Loin* Brown Rice Glazed Carrots	17 Chili Garlic Chicken Whipped Potatoes Lemon Brussels Sprouts	18 Salisbury Beef Brown Gravy Lima Beans Green Beans	19 Breaded Chicken Piccata Whole Kernel Corn Diced Beets
20 Meatloaf with Tomato Gravy Whipped Potatoes Spring Vegetable Blend	21 Chicken and Rice Casserole Green Peas Catalina Vegetable Blend	22  Bean Tamale Pie Whole Kernel Corn Sliced Carrots	 23  BBQ Pork Rib Patty* Tater Gems Green Beans with Onions	24 Sesame Chicken Brown Rice Garlic Spinach	25 Beef with Country Gravy Whipped Potatoes Brussels Sprouts	26 Chicken Nuggets Chuckwagon Corn Dilled Carrots
27 Beef Pepper Steak Mixed Beans Lemon Zest Broccoli	28 Pork Sausage and Red Beans* Medley Cabbage Stewed Tomatoes	29 Baked Chicken with Gravy Parslied Rice Green Beans and Carrots	30 Cajun Meatloaf Chuckwagon Corn Cauliflower	 HAPPY FALL!		
						*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 2023 Menu- Vegetarian

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 Veggie Taco Charro Beans Glazed Carrots	2 Bean Tamale Pie Confetti Rice Brussels Sprouts	3 Spaghetti Torte Herbed Green Beans Cauliflower	4 Bean and Cheese Burrito Whole Kernel Corn Stewed Tomatoes	5 Broccoli Cheese Bake Delmonico Potatoes Green Beans
6 Spinach Macaroni & Cheese Lentils Broccoli	7 Italian Shells and Cheese Green Peas Sliced Carrots	8 Veggie Sausage Patties Oven Roasted Potatoes Orange Beets	9 Lentil Stew Whipped Sweet Potatoes Green Beans	10 Cheese Enchiladas Confetti Brown Rice Summer Vegetable Blend	11 Gardenburger with Gravy Mixed Beans Stewed Tomatoes	12 Cheese Omelet Hashbrowns Spinach
13 Veggie Taco Pinto Beans Mexican Style Tomatoes	14 Bean and Cheese Burrito Whole Kernel Corn Spring Vegetable Blend	15 Alfredo Veggie Meatballs Penne Pasta Broccoli	16 Bean Chili Brown Rice Glazed Carrots	17 Cheese Omelet Whipped Potatoes Lemon Brussels Sprouts	18 Eggplant Parmesan Lima Beans Green Beans	19 Macaroni and Cheese Whole Kernel Corn Diced Beets
20 Six Bean Stew Whipped Potatoes Spring Vegetable Blend	21 Italian Shells and Cheese Green Peas Catalina Vegetable Blend	22 Bean Tamale Pie Whole Kernel Corn Sliced Carrots	 23 BBQ Vegetarian Meatballs Tater Gems Green Beans with Onions	24 Chickpea Stir Fry Brown Rice Garlic Spinach	25 Cheese Omelet Whipped Potatoes Brussels Sprouts	26 Cheese Enchiladas Chuckwagon Corn Dilled Carrots
27 Veggie Sausage Patties Mixed Beans Lemon Zest Broccoli	28 Red Beans and Rice Medley Cabbage Stewed Tomatoes	29 Bean and Cheese Burrito Parslied Rice Green Beans and Carrots	30 White Bean Chili Chuckwagon Corn Cauliflower		 HAPPY FALL!	
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November 2023 Menu- Chicken-Vegetarian

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		<p>1</p> <p>Turkey Taco Charro Beans Glazed Carrots</p>	<p>2</p> <p>Bean Tamale Pie Confetti Rice Brussels Sprouts</p>	<p>3</p> <p>Chicken Alfredo Herbed Green Beans Cauliflower</p>	<p>4</p> <p>✓ Bean and Cheese Burrito Whole Kernel Corn Stewed Tomatoes</p>	<p>5</p> <p>Breaded Chicken with Gravy Delmonico Potatoes Green Beans</p>
<p>6</p> <p>✓ Spinach Macaroni & Cheese Lentils Broccoli</p>	<p>7</p> <p>✓ Italian Shells and Cheese Green Peas Sliced Carrots</p>	<p>8</p> <p>Lemon Butter Chicken Oven Roasted Potatoes Orange Beets</p>	<p>9</p> <p>Turkey Breast with Gravy Whipped Sweet Potatoes Green Beans</p>	<p>10</p> <p>✓ Cheese Enchiladas Confetti Brown Rice Summer Vegetable Blend</p>	<p>11</p> <p>Chicken Nuggets Mixed Beans Stewed Tomatoes</p>	<p>12</p> <p>✓ Cheese Omelet Hashbrowns Spinach</p>
<p>13</p> <p>Chicken Fajita Pinto Beans Mexican Style Tomatoes</p>	<p>14</p> <p>✓ Bean and Cheese Burrito Whole Kernel Corn Spring Vegetable Blend</p>	<p>15</p> <p>✓ Alfredo Veggie Meatballs Penne Pasta Broccoli</p>	<p>16</p> <p>✓ Bean Chili Brown Rice Glazed Carrots</p>	<p>17</p> <p>Chili Garlic Chicken Whipped Potatoes Lemon Brussels Sprouts</p>	<p>18</p> <p>✓ Eggplant Parmesan Lima Beans Green Beans</p>	<p>19</p> <p>Breaded Chicken Piccata Whole Kernel Corn Diced Beets</p>
<p>20</p> <p>✓ Six Bean Stew Whipped Potatoes Spring Vegetable Blend</p>	<p>21</p> <p>Chicken and Rice Casserole Green Peas Catalina Vegetable Blend</p>	<p>22</p> <p>✓ Bean Tamale Pie Whole Kernel Corn Sliced Carrots</p>	<p>23</p> <p>✓ BBQ Vegetarian Meatballs Tater Gems Green Beans with Onions</p> 	<p>24</p> <p>Sesame Chicken Brown Rice Garlic Spinach</p>	<p>25</p> <p>✓ Cheese Omelet Whipped Potatoes Brussels Sprouts</p>	<p>26</p> <p>Chicken Nuggets Chuckwagon Corn Dilled Carrots</p>
<p>27</p> <p>✓ Veggie Sausage Patties Mixed Beans Lemon Zest Broccoli</p>	<p>28</p> <p>✓ Red Beans and Rice Medley Cabbage Stewed Tomatoes</p>	<p>29</p> <p>Baked Chicken with Gravy Parslied Rice Green Beans and Carrots</p>	<p>30</p> <p>✓ White Bean Chili Chuckwagon Corn Cauliflower</p>		 <p>HAPPY FALL!</p>	
						<p>*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</p>