




MEALS on WHEELS
METRO BOISE

November 2024 Menu

(Substitutions may be necessary without advanced notice.)

Contact:
(208) 321-0031
www.MetroMealsonWheels.net

MON	TUE	WED	THU	FRI
<p>4 Macaroni & Cheese with Ham Beets Broccoli Fresh Fruit 9-Grain Bread / Milk</p>	5	<p>6 Orange Chicken over Brown Rice California Blend Veggies Snap Peas Mixed Fruit 9-Grain Bread / Milk</p>	7	<p>1 Mexican Beef Casserole Green Beans Carrots Pears WW Tortilla / Milk</p>
<p>11  CLOSED No Meals Served or Delivered</p>	12	<p>13 Biscuits & Sausage Gravy / Eggs O'Brien Potatoes Pears with Granola Banana Milk</p>	14	<p>8 Frito Pie Carrots Peas Fresh Fruit Cornbread Milk</p> <p>New Item!</p>
<p>18 Sherry Mushroom Chicken over Garlic Pasta Catalina Vegetables Carrots Fresh Fruit French Bread Milk</p>	19	<p>20 Spaghetti with Meat Sauce Italian Blend Vegetables Green Salad Peaches with Berries French Bread Milk</p>	<p>21 Thanksgiving Meal Roast Turkey / Gravy Yams / Stuffing Green Bean Casserole Fresh Orange Dinner Roll / Milk Holiday Dessert</p>	<p>15 Chili Hot Dog Green Beans Roasted Potatoes Green Salad Whole Wheat Bun Milk</p>
<p>25 Chicken & Wild Rice Casserole Stewed Tomatoes Green Beans Pears Wheat Bread Milk</p>	26	<p>27 Roast Beef with Gravy Mashed Potatoes Stir Fry Blend Vegetables Spiced Apples 9-Grain Bread Milk</p>	28	<p>22 RBO Chicken Breast on Whole Wheat Bun Roasted Potatoes Peas Mandarin Oranges / Milk Kuna, Star & Marsling Thanksgiving Meal</p>