***Meals on Wheels Etc. Home delivered November 2026*** **Date: 9/25/26** Allison Goodman RD, LD License #ND 7006 Allison Goodman RD,LD

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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| ***WEEK ONE*** | **2**<br>Tortellini w turkey sausage and roasted red pepper sauce<br>Spinach<br>Diced carrots<br>WW bread<br>Peaches<br>Milk | **3**<br>Taco (beef) w cheese and salsa<br>Brown rice/beans<br>Mixed veggies<br>WW tortilla<br>Orange<br>Milk | **4**<br>BBQ chicken<br>Mac and cheese<br>Greens<br>Cornbread<br>Applesauce<br>Milk | **5**<br>Chicken fettuccini alfredo<br>Carrots<br>Spinach<br>WW roll<br>Tropical fruit<br>Milk | **6**<br>Fish w chimichurri sauce<br>Polenta<br>Broccoli<br>Orange<br>Lemon cherry ice cup<br>Milk |
| ***WEEK TWO*** | **13**<br>Meatball and eggplant tagine<br>Green beans<br>Rice<br>Naan<br>Pineapple<br>Milk | **12**<br>Veg chili<br>Greens<br>Mashed potatoes<br>Watermelon<br>Cornbread<br>Milk | **13**<br>Hamburger on WW bun w/mustard, mayo, ketchup<br>Baked beans<br>Green beans<br>Tropical fruit<br>Milk | **14**<br>Tuna salad sandwich<br>Snap pea salad<br>Tomato cucumber salad<br>Peaches<br>(2) WW bread<br>Milk | **15**<br>Chicken piccata<br>Mashed potatoes<br>Spinach<br>Banana<br>Biscuit<br>Milk |
| ***WEEK THREE*** | **16**<br>Jambalaya<br>Green beans<br>Peas and carrots<br>Cajun biscuit<br>Mandarin oranges<br>Milk | **17**<br>Butter chicken<br>Basmati rice<br>Diced carrots<br>Kale<br>Naan<br>Applesauce<br>Milk | **18**<br>Ravioli w meat sauce<br>Okra/tomatoes<br>Baby carrots<br>WW bread<br>Lemon raspberry cup<br>Milk | **19**<br>Grilled chicken<br>Roasted root veggies<br>Greens<br>Cornbread<br>Mandarin oranges<br>Milk | **20**<br>Vegetarian lasagna<br>Spinach<br>Corn<br>WW bread<br>Banana<br>Milk |

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| ***WEEK FOUR*** | **23**<br>Chicken parm<br>Penne marinara<br>Greens<br>Pineapple<br>WW bread<br>Milk | **24**<br>Sloppy Joes on WW bun<br>Mac and cheese<br>Cabbage<br>Watermelon<br>Milk | **25**<br>Chicken lo mein<br>Bok choy<br>Corn<br>Pineapple<br>Naan<br>Milk | **26**<br>Roasted turkey w gravy<br>Mashed potatoes<br>Green beans<br>Pie<br>Biscuit<br>Milk | **27**<br>**Closed** |
| ***WEEK FIVE*** | **30**<br>Italian sausage on WW hot dog bun<br>Cabbage<br>Diced carrots<br>Mustard/ketchup<br>Strawberry kiwi cup<br>Milk | | | | |