Meals on Wheels Etc. Congregate – Bram Towers, Sanford, Longwood, E. Altamonte, Casselberry, Alz Easter Seals, CCE.
November 2026 Allison Goodman RD,LD **9/23/26** Allison Goodman RD, LD License #ND 7006

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE	**2** Tortellini w turkey sausage and roasted red pepper sauce Tossed salad w dressing Diced carrots WW bread Peaches Milk	**3** Taco (beef) with cheese and salsa, lettuce, tomato Brown rice / beans Mixed veggies Whole wheat tortilla Orange Milk	**4** BBQ chicken Mac and cheese Greens Cornbread Applesauce	**5** Chicken fettuccini alfredo Tomato/basil soup Spinach WW roll Tropical fruit Milk	**6** Fish w chimichurri sauce Polenta Broccoli Lemon cherry ice cup Biscuit Milk
WEEK TWO	**9** Meatball and eggplant tagine Rice Tossed salad w dressing Pineapple Naan Milk	**10** Veg chili Greens Mashed potatoes Watermelon Cornbread Milk	**11** Hamburger on whole wheat bun w/mustard, mayo, ketchup, lettuce, tomato Baked beans Green beans Tropical fruit Milk	**12** Tuna salad sandwich Snap pea salad Carrot/cumin soup Banana (2) WW bread Milk	**13** Chicken picatta Mashed potatoes Spinach Banana Biscuit Milk
WEEK THREE	**16** Jambalaya Tossed salad Peas and carrots Cajun biscuit Mandarin oranges Milk	**17** Butter chicken Basmati rice Diced carrots Kale Naan Applesauce Milk	**18** Ravioli w meat sauce Tomato + okra Baby carrots WW bread Lemon raspberry cup Milk	**19** Grilled chicken w red pepper sauce Roasted root veggies Greens Cornbread Mandarin Milk	**20** Veg lasagna Tossed salad w dressing Corn WW bread Banana Milk

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WEEK FOUR	**23** Chicken parm Penne marinara Greens WW bread Pineapple Milk	**24** Sloppy Joe Mac and cheese Cabbage WW bun Watermelon Milk	**25** Roasted turkey w gravy Green beans Mashed potatoes Pie Biscuit Milk Free day	**26** **Closed** **Happy Thanksgiving**	**27** **Closed**
WEEK FIVE	**30** Italian sausage on hot dog bun Cabbage Diced carrots Mustard/ketchup Strawberry kiwi cup Milk				