






Cattaraugus County Department of the Aging
1-800-462-2901

~ 2017 **November** 2017 ~



**Senior Wellness and Nutrition Program
Menu**

Reservations and cancellations must be made 24 hours in advance to the Site Manager

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>SHARE THE LOVE! For every Subaru sold or leased between November 16 and January 2, Subaru of America will donate \$250 to Meals on Wheels as a charity of choice.</p>		<p>1 Meatloaf w/Ketchup Mashed Potatoes Garlic Roasted Brussel Sprouts Pineapple Juice Wheat Bread Gingerbread w/ Topping</p>	<p>2 Creamy Noodles & Ham Mixed Vegetables Rye Bread Mandarin Oranges</p>	<p>3 Chili Cornbread Chuckwagon Corn Fruit Cocktail</p>
<p>6 Panko Breaded Fish Tater Tots Coleslaw Grape Juice Wheat Roll Chocolate Chip Cookie</p>	<p>7 Election Day Closed</p>	<p>8 Vegetable Lasagna Capri Blend Vegetables Pears Wheat Bread Butterscotch Pudding</p>	<p>9 Beef Stew w/Biscuit Carrots Peaches</p>	<p>10 Holiday </p>
<p>13 Sweet & Sour Pork over Rice Oriental Blend Vegetables Rye Bread Pineapple Tidbits</p>	<p>14 Stuffed Cabbage Rolls Mashed Potatoes Green Beans 12 Grain Bread Tropical Fruit</p>	<p>15 Brown Sugar Glazed Baked Ham Au gratin Potatoes California Blend Vegetables Wheat Roll Cinnamon Applesauce</p>	<p>16 THANKSGIVING DINNER Roast Turkey Mashed Potatoes w/Gravy Squash Cranberry Sauce Pumpkin Pie w/ Topping</p>	<p>17 Macaroni & Cheese Stewed Tomatoes Wheat Bread Banana</p>
<p>20 Western Omelet w/ Peppers & Onions Home Fries Pumpkin Spice Muffin Fresh Orange</p>	<p>21 Breaded Chicken Breast Mashed Potatoes w/Gravy Beets Wheat Roll Fruit Cocktail</p>	<p>22 Beef Stroganoff Prince Edward Vegetables 12 Grain Bread Fruited Jello</p>	<p>23 Holiday </p>	<p>24 Share the Love! Come see us in Olean's Santa Claus Lane parade!</p>
<p>27 Fish Sandwich Cream of Potato & Ham Soup Peas & Carrots Blushing Pears</p>	<p>28 Spaghetti & Meatballs Italian Green Beans Italian Bread Peaches</p>	<p>29 Turkey Ala King over Biscuit Peas Fresh Grapes</p>	<p>30 Meatloaf w/Ketchup Mashed Potatoes Garlic Roasted Brussel Sprouts Wheat Bread Pineapple Tidbits</p>	<p></p>

All meals are served with 1/2 pint milk and margarine.

Menus are subject to change without notification.

ATTENTION:

Meals on Wheels Participants - Please call if you will NOT be home for your meal delivery.