ALL MEALS ARE SERVED WITH 2% MILK

Meals on Wheels Wake County

November 2026

Call 919-833-1749 to Cancel

Monday	Tuesday	Wednesday	Thursday	Friday
11/2	11/3	11/4	11/5	11/6
Chicken Fajita, Rice, Broccoli & Carrots, Sourdough Bread, Pudding, Fresh Fruit	Peppered Swiss Steak, Green Beans with Red Peppers, Mac & Cheese, Wheat Bread, Apple *CONTAINS BEEF*	BBQ Pork Riblet with Bun, BBQ Beans, Spinach, Orange *CONTAINS PORK*	Chicken & Grits, Turnip Greens, Fruit Compote, Biscuit, Banana	Spaghetti with Meat, Squash Casserole, Lentils with Spinach Banana, Italian Bread *CONTAINS BEEF*
11/9	11/10	11/11	11/12	11/13
Beef Stroganoff Apple Crisp Green Beans with Red Peppers, Wheat Roll *CONTAINS BEEF*	Beef Hamburger w/Bun, O'Brien Potatoes, Peas & Onions, Fresh Fruit Mustard/Ketchup *CONTAINS BEEF*	CLOSED  VETERANS DAY	Beef Meat Loaf, Broccoli & Carrots, Succotash, Sourdough Bread, Pineapple Juice, Apple *CONTAINS BEEF*	Salisbury Steak, Green Beans, Mashed Potatoes, Sourdough Bread, Banana *CONTAINS BEEF*
11/16	11/17	11/18	11/19	11/20
Baked Chicken, Turnip Greens, Organic Sweet Potatoes, Wheat Bread, Fresh Fruit	Beef Stew, Cauliflower w/Red Peppers, Peas & Onions, Sourdough Bread, Banana, Cranberry Juice *CONTAINS BEEF*	BBQ Pork w/Bun, Delmonico Potatoes, Green Beans, Coleslaw, Fresh Fruit, Apple Juice *CONTAINS PORK*	Florentine Alfredo, Zucchini & Onions, Cinnamon Apple Slices, Orange, Wheat Roll	Turkey Burger w/Bun, Spinach Au Gratin, Peach Crisp, Orange
11/23	11/24	11/25	11/26	11/27
Brunswick Stew, Mixed Beans, Rice, Wheat Bread, Fresh Fruit, *CONTAINS CHICKEN*	Beef Chili Beef, Broccoli & Carrots, Corn O'Brien, Corn Bread, Banana Juice Orange, *CONTAINS BEEF*	 Turkey, Cranberry Sauce, Sweet Potatoes, Peas & Onions, Dinner Roll Orange	 **CLOSED THANKSGIVING HOLIDAY**	**MEALS ON WHEELS CLOSED**
11/30				
Chicken Fajita, Rice, Broccoli & Carrots Pudding, Sourdough Bread, Fresh Fruit *CONTAINS CHICKEN*				