

ALL MEALS ARE SERVED WITH 2% MILK



Meals on Wheels Wake County

November 2025

Call 919-833-1749 to Cancel

Monday	Tuesday	Wednesday	Thursday	Friday
11/3	11/4	11/5	11/6	11/7
BBQ Pork Riblet w/ Bun, BBQ Beans, Spinach, Orange <i>*CONTAINS PORK*</i>	Peppered Swiss Steak, Green Beans w/Red Peppers, Mac & Cheese, Wheat Bread, Apple <i>*CONTAINS BEEF*</i>	BBQ Chicken, Mashed Potatoes, Chopped Broccoli, Wheat Roll, Fresh Fruit	Baked Ziti Casserole, Capri Vegetables, Fruit Compote, Italian Bread, Orange <i>*CONTAINS BEEF*</i>	Cabbage Casserole, Sweet Potatoes, Spinach, Wheat Bread, Banana <i>*CONTAINS BEEF*</i>
11/10	11/11	11/12	11/13	11/14
Baked Ziti Casserole, Capri Vegetables, Fruit Compote, Italian Bread, Orange <i>*CONTAINS BEEF*</i>	CLOSED VETERANS DAY HOLIDAY	Turkey Burger w/Bun, Mustard Greens, Apple Raisin Compote, Orange	Florentine Alfredo, Zucchini & Onions, Carrots w/Dill, Italian Bread, Orange, Cranberry Juice	Salisbury Steak, Italian Vegetables, Mashed Potatoes, Sourdough Bread, Banana <i>*CONTAINS BEEF*</i>
11/17	11/18	11/19	11/20	11/21
Baked Chicken, Turnip Greens, Organic Sweet Potatoes, Wheat Bread, Fresh Fruit	Beef Chili, Chopped Broccoli, Corn O'Brien, Corn Bread, Pudding, Banana <i>*CONTAINS BEEF*</i>	BBQ Pork, Delmonico Potatoes, Green Beans, Coleslaw, Fresh Fruit, Apple Juice <i>*CONTAINS PORK*</i>	Meat Loaf, Broccoli & Carrots, Succotash, Sourdough Bread, Pineapple Juice, Apple <i>*CONTAINS BEEF*</i>	Beef Stroganoff, Sweet Potatoes, Green Beans w/Red Peppers, Wheat Roll, Orange <i>*CONTAINS BEEF*</i>
11/24	11/25	11/26	11/27	11/28
Brunswick Stew, Mixed Beans, Rice, Fresh Fruit, Wheat Bread <i>*CONTAINS CHICKEN*</i>	Hamburger w/Bun, O'Brien Potatoes, Peas & Carrots, Ketchup & Mustard, Fresh Fruit <i>*CONTAINS BEEF*</i>	Chicken Pot Pie, Ranch, Diced Capri Vegetables, Sourdough Bread, Fresh Fruit	CLOSED FOR THANKSGIVING HOLIDAY	CLOSED FOR THANKSGIVING HOLIDAY