
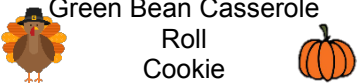


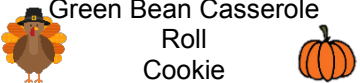



Meals on Wheels of Metro Tulsa  
 (918) 627-4103  
**November 2024 Menu-Regular**


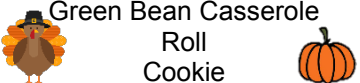

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4	5	6	7	8
Meatloaf Tomato Gravy Whipped Potatoes Spring Vegetables	Bean Tamale Pie Savory Lime Corn Sliced Carrots	Turkey Sausage Patty Egg Patty W/Cheese Roasted Potatoes	BBQ Pork Rib Patty* Tater Gems Green Beans with Onions	Sesame Chicken Brown Rice Garlic Spinach
11	12	13	14	15
Bruschetta Chicken Meatballs Lima Beans Diced Beets	Beef with Country Gravy Whipped Potatoes Squash/Zucchini/Tomatoes	French Toast Sticks Hashbrown Patty Canadian Bacon	Chicken Alfredo Herbed Green Beans Cauliflower	Homestyle Pork Roast* Confetti Rice Brussels Sprouts
18	19	20	21	22
Ham, Red Beans and Rice* Black-Eyed Peas Medley Cabbage	Spinach Macaroni Dilled Carrots Country Tomatoes	Sausage/Egg/Cheese Scramble Hash Browns Biscuit	Rosemary Pork* Mixed Beans Catalina Vegetables	Swiss Steak Garlic Whipped Potatoes Herbed Green Beans
25	26	27	28	29
Lemon Butter Chicken Oven Roasted Potatoes Orange Beets	Beef Enchilada Pie Confetti Brown Rice Summer Vegetables	Chicken Biscuit Hashbrown Patty Spinach	HAPPY THANKSGIVING Turkey Breast with Gravy Mashed Potatoes Stuffing Green Bean Casserole Roll Cookie 	Balsamic Glazed Beef Lentils Broccoli
				*Please note that substitutions may have to be made sometimes for specific items due to shortages, unavailability of the product from the vendors, or for other reasons

Meals on Wheels of Metro Tulsa  
 (918) 627-4103  
**November 2024 Menu- Vegetarian**

Monday	Tuesday	Wednesday	Thursday	Friday
 1 Veggie Taco Black Beans Glazed Carrots				
4 Broccoli Strata Whipped Potatoes Spring Vegetables	5 Bean Tamale Pie Savory Lime Corn Sliced Carrots	6 Veggie Sausage Patty Egg Patty W/Cheese Roasted Potatoes	7 BBQ Veggie meatball Tater Gems Green Beans with Onions	8 Vegetarian Chili Brown Rice Garlic Spinach
11 Eggplant Parmesan Lima Beans Diced Beets	12 Vegetarian Chili Whipped Potatoes Squash/Zucchini/Tomatoes	13 French Toast Sticks Hashbrown Patty Veggie Sausage	14 Spaghetti Torte Herbed Green Beans Cauliflower	15 Lemony Chickpea Stir-Fry Confetti Rice Brussels Sprouts
18 Veggie Sausages Black-Eyed Peas Medley Cabbage	19 Spinach Macaroni Dilled Carrots Country Tomatoes	20 Pepper/Egg/Cheese Scramble Hash Browns Biscuit	21 Cheese Omelet Mixed Beans Catalina Vegetables	22 Broccoli Strata Garlic Whipped Potatoes Herbed Green Beans
25 Red Beans and Rice Oven Roasted Potatoes Orange Beets	26 Bean Tamale Pie Confetti Brown Rice Summer Vegetables	27 Egg Patty w/Cheese Hashbrown Patty Spinach	28 HAPPY THANKSGIVING Tofu Turkey and veggie Gravy Mashed Potatoes Stuffing Green Bean Casserole Roll Cookie 	29 Spinach Macaroni Lentils Broccoli
				*Please note that substitutions may have to be made sometimes for specific items due to shortages, unavailability of the product from the vendors, or for other reasons

Meals on Wheels of Metro Tulsa  
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**November 2024 Menu-Chicken - Vegetarian**

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4 Broccoli Strata Whipped Potatoes Spring Vegetables	5 Bean Tamale Pie Savory Lime Corn Sliced Carrots	6 Turkey Sausage Patty Egg Patty W/Cheese Roasted Potatoes	7 BBQ Veggie meatball Tater Gems Green Beans with Onions	8 Sesame Chicken Brown Rice Garlic Spinach
11 Bruschetta Chicken Meatballs Lima Beans Diced Beets	12 Vegetarian Chili Whipped Potatoes Squash/Zucchini/Tomatoes	13 French Toast Sticks Hashbrown Patty Veggie Sausage	14 Chicken Alfredo Herbed Green Beans Cauliflower	15 Lemony Chickpea Stir-Fry Confetti Rice Brussels Sprouts
18 Veggie Sausages Black-Eyed Peas Medley Cabbage	19 Spinach Macaroni Dilled Carrots Country Tomatoes	20 Pepper/Egg/Cheese Scramble Hash Browns Biscuit	21 Cheese Omelet Mixed Beans Catalina Vegetables	22 Broccoli Strata Garlic Whipped Potatoes Herbed Green Beans
25 Lemon Butter Chicken Oven Roasted Potatoes Orange Beets	26 Bean Tamale Pie Confetti Brown Rice Summer Vegetables	27 Chicken Biscuit Hashbrown Patty Spinach	28 HAPPY THANKSGIVING Turkey Breast with Gravy Mashed Potatoes Stuffing Green Bean Casserole Roll Cookie 	29 Spinach Macaroni Lentils Broccoli
				*Please note that substitutions may have to be made sometimes for specific items due to shortages, unavailability of the product from the vendors, or for other reasons