

# MILWAUKEE COUNTY

## MEALS ON WHEELS



(414) 358-6527



# NOVEMBER



| Monday                                                                                                   | Tuesday                                                                                                                                                                                                                   | Wednesday                                                                                                                                   | Thursday                                                                                                       | Friday                                                                                                                          |
|----------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|
| <b>2</b><br>Spaghetti<br>Meat Sauce<br>Green & Wax Beans<br>Pea & Cheese Salad<br>Strawberry Applesauce  | <b>ELECTION DAY 3</b><br>Cheesy Rice & Ham<br>Brussels Sprouts<br>Diced Beets<br>3-Bean Salad<br>Brownie<br>🍷 Fruit                                                                                                       | <b>4</b><br>Asian Chicken Salad<br><i>Greens, Chicken, Almonds</i><br><i>Mandarin, Crispy Noodles</i><br>Sourdough Bread<br>Jello<br>Banana | <b>5</b><br>Chicken Chili<br>Southwest Vegetables<br>Corn O'Brien<br>Tortilla Chips<br>Melon Cup               | <b>6</b><br>Baked Fish<br>Parsley Potatoes<br>Glazed Carrots<br>Dinner Roll<br>Mixed Berries                                    |
| <b>9</b><br>Grilled Chicken<br>Kaiser Roll<br>Potato Wedges<br>Baked Beans<br>Ambrosia                   | <b>10</b><br>Breakfast Skillet<br><i>Egg, Sausage, Potato, Cheese</i><br>Sautéed Mushrooms<br>Spiced Peaches<br>🍊 Orange Juice<br>Blueberry Muffin                                                                        | <b>11</b><br>Pork Stir-Fry<br>Veggie Fried Rice<br>Wisconsin Vegetables<br>Grapes<br>Fortune Cookie                                         | <b>12</b><br>Seafood Alfredo<br>Penne Pasta<br>Vegetable du Jour<br>Tossed Salad<br>Croutons<br>Seasonal Fruit | <b>13</b><br>Italian Sausage<br>Bun<br><i>Sautéed Peppers &amp; Onions</i><br>Baby Baker Potatoes<br>Capri Vegetables<br>Orange |
| <b>16</b><br>Baked Ham<br>Potato Casserole<br>Sautéed Spinach<br>Whole Grain Bread<br>Pineapple          | <b>17</b><br>Meatball Stroganoff<br>Buttered Egg Noodles<br>Garden Vegetables<br>Carrot Raisin Salad<br>Red Delicious Apple                                                                                               | <b>18</b><br>Taco Joe/Bun<br>Skillet Potatoes<br>Mexi-Corn<br>Tropical Fruit<br>Pudding<br>🍷 Fruit                                          | <b>19</b><br>Smothered Chicken<br>Rice Pilaf<br>Calico Beans<br>🍏 Apple Juice<br>Mandarin Oranges              | <b>20</b><br>Beef Stew<br>Baked Potato<br>Braised Cabbage<br>Peaches<br>Fruited Bread/Muffin                                    |
| <b>23</b><br>Big Mac Casserole<br>Country Vegetables<br>Warm Fruit Compote<br>Dinner Roll<br>Fresh Fruit | <b>24</b><br>BBQ Pork Riblet<br>Sweet Potatoes<br>Roasted Cauliflower<br>Hawaiian Dinner Roll<br>Applesauce                                                                                                               | <b>25</b><br>Roast Turkey/Gravy<br>Mashed Potatoes<br>Green Bean Casserole<br>🍷 Cranberry Juice<br>Pumpkin Dessert<br>🍷 Fruit               | <b>CLOSED 26</b><br>                                                                                           | <b>CLOSED 27</b><br>                                                                                                            |
| <b>30</b><br>Cheesy Tuna Bake<br>Steamed Broccoli<br>Winter Squash<br>Biscuit<br>Clementine              | <div> <b>Goodwill</b><br/>                     Greater Milwaukee &amp; Chicago<br/> <b>MEALS ON WHEELS</b> </div> <div> </div> <div> <b>\$4.00</b><br/>                     SUGGESTED CONTRIBUTION                 </div> |                                                                                                                                             |                                                                                                                |                                                                                                                                 |

🍷 = DIABETIC DESSERT

\* Menu subject to change without notice

# EAT MORE COLOR

## BLUE & PURPLE

|                |             |
|----------------|-------------|
| blackberries   | grapes      |
| blueberries    | plums       |
| black currants | prunes      |
| dates          | purple figs |
| eggplants      | raisins     |

The best way to get all of the vitamins, minerals and nutrients you need is to eat a variety of colorful fruits and veggies. All forms of fruits and vegetables (fresh, frozen, canned and dried) can be part of a heart-healthy diet. Choose types without added salt and sugar.

## WHITE

|                     |           |
|---------------------|-----------|
| bananas             | mushrooms |
| cauliflower         | onions    |
| daikon              | potatoes  |
| garlic              | parsnips  |
| Jerusalem artichoke | shallots  |
| jicama              | taro      |
| lotus root          | turnips   |

## ORANGE & YELLOW

|                  |                |                    |
|------------------|----------------|--------------------|
| acorn squash     | nectarines     | pumpkins           |
| apricots         | oranges        | summer squash      |
| butternut squash | orange peppers | sweet potatoes     |
| cantaloupes      | papayas        | tangerines         |
| carrots          | passionfruit   | yams               |
| corn             | peaches        | yellow apples      |
| lemons           | pineapples     | yellow grapefruits |
| mangoes          | plantains      | yellow peppers     |
|                  |                | yellow squash      |



## GREEN

|                  |                |                 |
|------------------|----------------|-----------------|
| artichokes       | green cabbage  | okra            |
| asparagus        | green grapes   | pears           |
| avocados         | green onions   | peas            |
| bok choy         | green peppers  | romaine lettuce |
| broccoli         | kale           | snow peas       |
| Brussels sprouts | kiwis          | spinach         |
| celery           | leeks          | sugar snap peas |
| collard greens   | limes          | tomatillo       |
| cucumbers        | mustard greens | watercress      |
| green beans      | nopales        | zucchini        |

## RED & PINK

|                 |              |
|-----------------|--------------|
| beets           | red apples   |
| cherries        | red grapes   |
| cranberries     | red peppers  |
| guava           | red potatoes |
| pink grapefruit | rhubarbs     |
| pomegranates    | strawberries |
| radicchio       | tomatoes     |
| red radishes    | watermelons  |

**EAT SMART. LIVE MORE. BE WELL.**

[heart.org/HealthyForGood](https://heart.org/HealthyForGood)