



# November



**Monday**                      **Tuesday**                      **Wednesday**                      **Thursday**                      **Friday**

**CHEER**  
Over 50 Years Serving Sussex Seniors

**DELAWARE HEALTH AND SOCIAL SERVICES**  
Division of Services for Aging and Adults with Physical Disabilities  
*"This agency receives funding from the DHSS Division of Services for Aging and Adults with Physical Disabilities."*  
**Menu items subject to change due to availability.**

**MEALS on WHEELS AMERICA**  
2024 MEMBER

**1**  
Baked Potato Bar  
Steamed Broccoli  
Whole Wheat Roll/Bread  
Chilled Fruit Cup  
Skim Milk

**4**  
Sausage and Peppers  
Lettuce and Tomato Salad  
Potato and Cheese Pierogies  
Applesauce  
Whole Wheat Roll/Bread  
Skim Milk

**5**  
Egg Sandwich  
American Fried Potatoes  
Steamed Spinach  
Fresh Banana  
Skim Milk

**6**  
Chicken Linguine w/Spinach  
Herb Pesto  
Steamed Cauliflower  
Whole Wheat Roll/Bread  
Assorted Cookies  
Skim Milk

**7**  
Glazed Meatloaf w/Brown Gravy  
Garlic Mashed Potatoes  
Baby Carrots  
Whole Wheat Roll/Bread  
Rice Pudding  
Skim Milk

**8**  
Tuna Noodle Casserole  
Steamed Broccoli  
Whole Wheat Roll/Bread  
Mandarin Oranges  
Skim Milk

**11**  
Stuffed Pasta Shells  
Italian Vegetables  
Whole Wheat Roll/Bread  
Chilled Fruit Cup  
Skim Milk

**12**  
Hot Turkey Sandwich  
Mashed Sweet Potatoes  
French Style Green Beans  
Apple and Peach Cobbler  
Skim Milk

**13**  
Chicken Cordon Bleu  
Mashed Red Potatoes  
Brussels Sprouts  
Whole Wheat Roll/Bread  
Fruited Gelatin  
Skim Milk

**14**  
Beef Stew  
Five Way Mixed Vegetables  
Chilled Blushing Pears  
Biscuit  
Skim Milk

**15**  
Minestrone Soup  
Crab Salad  
Mixed Green Salad  
Whole Wheat Roll/Bread  
Rice Crispy Bar  
Skim Milk

**18**  
Turkey Chili  
Steamed or Baked Rice  
Winter Mix Vegetables  
Whole Wheat Roll/Bread  
Fresh Fruit  
Skim Milk

**19**  
Beef Pot Roast  
Roasted Red Potatoes  
Steamed Carrots  
Whole Wheat Roll/Bread  
Apple Pie  
Skim Milk

**20**  
Honey Glazed Pork Chop  
Baked Sweet Potato Half  
Steamed Cabbage  
Whole Wheat Roll/Bread  
Chilled Fruit Cup  
Skim Milk

**21**  
Bourbon Chicken  
Brown Rice Pilaf  
California Vegetables  
Whole Wheat Roll/Bread  
Fruited Ambrosia  
Skim Milk

**22**  
Dijon Crusted Fish  
Macaroni and Cheese  
Stewed Tomatoes  
Whole Wheat Roll/Bread  
Chilled Pineapple  
Skim Milk

**25**  
Spaghetti and Meat Sauce  
Italian Vegetables  
Whole Wheat Roll/Bread  
Orange Sherbet  
Skim Milk

**26**  
**Holiday Feast at the Community Center!**

**27**  
Greek Roasted Chicken  
Couscous w/Roasted Vegetables  
Asparagus Spears  
Whole Wheat Roll/Bread  
Cinnamon Pears  
Skim Milk

**28**  
**All Centers Closed for Thanksgiving!**

**29**  
**Let's Talk Turkey**