




Before November 18, 2022
 424 College Street, Beloit, WI 53511
 After November 18, 2022
 1534 Shore Drive, Beloit, WI 53511

Phone: 608-362-3683
 Website: beloitmealsonwheels.org

November 2022 - Cold Meal

Meals are delivered between 11am - 12:30pm daily

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	MEATLOAF WHEAT BUN MARINATED VEG. SALAD PINEAPPLE	BAGEL W/ CREAM CHEESE BOILED EGG GRAPE JUICE APRICOTS	HAM & CHEESE WHEAT BREAD PEA & CHEESE SALAD FRESH FRUIT	SLICED TURKEY WHEAT BUN CELERY STICKS FRESH FRUIT
7	8	9	10	11
HAM & CHEESE WHEAT BUN THREE BEAN SALAD FRUIT JUICE	CHEERIOS BOILED EGG ORANGE JUICE FRUIT COCKTAIL	EGG SALAD WHEAT BUN CELERY W/DIP FRUIT JUICE	HAM WHEAT BREAD PASTA SALAD ORANGE CHEESE STICK	TURKEY & SWISS WHEAT BREAD CARROTS W/ DIP FRUIT JUICE
14	15	16	17	18
PEANUT BUTTER & JELLY WHEAT BREAD CARROTS/DIP FRESH FRUIT	BOILED EGG BLUEBERRY MUFFIN APPLE JUICE FRUIT COCKTAIL	CHICKEN SALAD WHEAT BUN CELERY STICKS FRESH FRUIT	BOLOGNA & HAM WHEAT BREAD CARROTS W/ DIP FRUIT JUICE	SALAMI & CHEESE WHEAT BREAD GERMAN POTATO SALAD PEARS
21	22	23	24	25
MEATLOAF WHEAT BUN CARROTS W \ DIP CITRUS FRUIT CUP	TURKEY & CHEESE WHEAT BREAD POTATO SALAD FRESH FRUIT	HAM & CHEESE WHEAT BUN CELERY STICKS FRUIT JUICE	FROZEN	FROZEN
28	29	30		
PEANUT BUTTER & JELLY WHEAT BREAD SLICED BEETS FRESH FRUIT	BOILED EGG BLUEBERRY MUFFIN APPLE JUICE DICED PEARS	TUNA SALAD WHEAT BUN CARROTS W/RANCH PINEAPPLE TIDBITS		8 oz. Low Fat Milk served with all lunches. 

MEAL CANCELLATIONS

Please call office by
 10am the Day Before Meal Delivery

and by 10am Thursday
 to cancel Weekend & Monday
 Meal Delivery

WEEKEND/HOLIDAY FROZEN MEALS

include a clear complementary bag
 and are delivered on Sat. & Sun.

Clients will need to follow
 microwave heating directions
 on package

MENU IS SUBJECT
 TO CHANGE WITHOUT
 NOTICE

THERE ARE
 NO
 SUBSTITUTIONS

