



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 - Hot Meals

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

**MEAL CANCELLATIONS**  
 Please call office by  
 10am the Day Before Meal  
 Delivery; and by 10am  
 Thursday for Weekend  
 & Monday Meal Delivery

**WEEKEND FROZEN MEALS**  
 include a 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**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	SWEET/SOUR CHIX FLUFFY RICE STIR FRY VEGGIES WGR DINNER ROLL APRICOTS	MEATBALL SUB ON WGR ROLL PEAS & CARROTS SEAS POT. WEDGES DICED PEACHES	A. TURKEY BURGER WGR WHEAT BUN SWEET POTATO FRIES BROCCOLI APPLE CRISP	HOT HAM & CHEESE WGR WHEAT BUN TATOR TOTS BAKED BEANS APPLESAUCE
7	8	9	10	11
BBQ RIBLETT WGR WHEAT BUN CHEESY POTATOES COUNTRY MIXED VEG DICED PEARS	CREAMY CHICKEN PASTA CARROTS STEAMED PEAS WGR WHEAT BREAD CHILLED PINEAPPLE	CHEESEBURGER ON WGR WHEAT BUN TATOR TOTS BAKED BEANS FRUIT COCKTAIL	LEMON PEPPER CHIX WILD RICE BROCCOLI WGR DINNER ROLL APPLESAUCE	CITRUS BAKED HAM SWEET POTATOES SCAND. BLEND VEG WGR DINNER ROLL DICED PEACHES
14	15	16	17	18
ROSEMARY HERBED CHX MASHED POT/GRAVY GREEN BEANS WGR DINNER ROLL CITRUS FRUIT CUP	BAKED ZITI W\MEATSAUCE ITALIAN BLEND VEG. WGR GARLIC BREAD HOT APPLESAUCE	MEATLOAF MASHED POT/GRAVY GLAZED CARROTS WGR DINNER ROLL PEAR CUP	CHICKEN ALA KING WGR BUTTERMILK BISCUIT BROCCOLI MANDARIN ORANGE	TILAPIA & GARLIC BUTTER WILD RICE PEAS WGR DINNER ROLL FRUIT COCKTAIL
21	22	23	24	25
B.B.Q. CHIX BREAST WGR DINNER ROLL SWEET POTATO TOTS CAULIFLOWER PINEAPPLE TIDBITS	SLOPPY JOE WGR WHEAT BUN CHEESY POTATOES BROCCOLI DICED PEARS	BAKED CHICKEN QTR MASHED POT/GRAVY COIN CARROTS WGR DINNER ROLL PEACH COBBLER	FROZEN MEAL	FROZEN MEAL
28	29	30		
CHICKEN PATTY WGR WHEAT BUN PEAS & CARROTS TATOR TOTS PINEAPPLE	COUNTRY MEATBALLS MASHED POT \ GRAVY MIXED VEGETABLES WGR DINNER ROLL PEACHES	SPAGHETTI W \ MEATSAUCE GREEN BEANS CAULIFLOWER WGR GARLIC BREAD APRICOTS		8 oz. Low Fat Milk served with all lunches. 