



**MEALS on WHEELS**  
**CHEYENNE**

TOGETHER, WE CAN DELIVER.

# MENU

November 11<sup>th</sup> is Veteran's Day and we will be closed. If you would not like to receive a frozen meal for that day please call (307) 635-5542. Thank you!

*If you need to cancel your meal please contact our office by 9:30am at (307) 635-5542.*

<b>MONDAY NOVEMBER 1</b>	Spaghetti with Meat Sauce Prince Edward Blend Italian Tossed Salad Peppermint Sugar Cookie Breadstick
<b>TUESDAY NOVEMBER 2</b>	White Chicken Chili Fire Roasted Corn Mango Tortilla Tomato Soup Cake
<b>WEDNESDAY NOVEMBER 3</b>	BBQ Turkey Meatloaf Harvest Veggies with Bacon Cheddar Mashed Potatoes Cranberry Sauce White Roll
<b>THURSDAY NOVEMBER 4</b>	Falafel with Pita Yogurt Sauce Grilled Veggie Blend Banana Chocolate Cherry Fruit Pizza
<b>FRIDAY NOVEMBER 5</b>	Dijon Salmon Salad Lettuce Leaf English Pea Salad Fruit Cup Wheat Roll Lemon Bar Yogurt

**MENU SUBJECT TO CHANGE  
BASED ON AVAILABILITY AND  
DIETARY RESTRICTIONS**