



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

TOGETHER, WE CAN DELIVER.

# MENU

## November Meal Sponsor

*Wyoming*  
**TOGETHER**



*If you need to cancel your meal please contact our office before 8:30am at (307) 635-5542.*

<p><b>MONDAY</b>  <b>NOVEMBER 13</b></p>	<p>Apricot Chicken  Wild Rice  Creamed Kale  Brownie Pudding  Cantaloupe</p>
<p><b>TUESDAY</b>  <b>NOVEMBER 14</b></p>	<p>Frito Chili Pie  Cinnamon Roll  Spiced Apples  Spinach Salad</p>
<p><b>WEDNESDAY</b>  <b>NOVEMBER 15</b></p>	<p>Shrimp &amp; Sausage Jambalaya  Breaded Okra  Corn Muffin  Peaches  Pecan Pie Bar</p>
<p><b>THURSDAY</b>  <b>NOVEMBER 16</b></p>	<p>Corn Chowder  Garlic Knot  Beets  Diced Pears  Pumpkin Whoopie Pie</p>
<p><b>FRIDAY</b>  <b>NOVEMBER 17</b></p>	<p>Turkey, Bacon &amp; Broccoli Salad  Banana  Cranberry Orange Scone</p>

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