



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

TOGETHER, WE CAN DELIVER.

# MENU

## November Meal Sponsor



<p><b>MONDAY</b>  <b>NOVEMBER 4</b></p>	<p>Blackened Trout          Rye Stuffing          Green Beans          Fire Roasted Apples          Eclairs</p>
<p><b>TUESDAY</b>  <b>NOVEMBER 5</b></p>	<p>Grilled Cheese          Tomato Soup          Warm Spinach Salad          Persimmon          Black Forest Cake</p>
<p><b>WEDNESDAY</b>  <b>NOVEMBER 6</b></p>	<p>Pot Roast w/ Potatoes          Buttermilk Biscuit          Roasted Parsnips          Pumpkin Magic Bars</p>
<p><b>THURSDAY</b>  <b>NOVEMBER 7</b></p>	<p>Sausage Orecchiette          Cranberry Sauce          Delicata Squash          Caramel Apple Napoleon</p>
<p><b>FRIDAY</b>  <b>NOVEMBER 8</b></p>	<p>Curry Chicken Salad          Croissant          Celery Sticks          Mango          Molasses Cookie with          Crystallized Ginger</p>

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

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