



MEALS on WHEELS
CHEYENNE

TOGETHER, WE CAN DELIVER.

MENU

MONDAY NOVEMBER 29	Oven Fried Chicken Cheese Grits Coleslaw Fruit Cup Biscuit w/Honey
TUESDAY NOVEMBER 30	Ground Beef Enchiladas Refried Beans Spanish Cauliflower Rice Fruit Rings Mexican Wedding Cookies
WEDNESDAY DECEMBER 1	Split Pea Soup w/Ham Cornbread Roasted Tomatoes Mandarin Oranges Homemade Rice Krispie
THURSDAY DECEMBER 2	Creamy Parmesan Fish Mashed Sweet Potatoes Asparagus Dried Fruit Mix Frosted Pumpkin Cookie
FRIDAY DECEMBER 3	Turkey Focaccia Sandwich Strawberry Spinach Salad Fresh Fruit Butterscotch Cream Cookie Yogurt

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

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