



MEALS on WHEELS
CHEYENNE

TOGETHER, WE CAN DELIVER.

MENU

November 11th is Veteran's Day and we will be sending out frozen meals. If you don't want one please call 307-635-5542 before November 10.

MONDAY
NOVEMBER 8

Chicken Kiev
Rice Pilaf
Sautéed Spinach
Dried Plums
Pecan Pie

TUESDAY
NOVEMBER 9

Philly Cheesesteak
Baby Carrots
Tossed Salad
Cookies 'n' Cream Cake

WEDNESDAY
NOVEMBER 10

Mediterranean Wrap
Bell Pepper Strips
Fresh Orange
Eggnog Custard

THURSDAY
NOVEMBER 11



FRIDAY
NOVEMBER 12

BLT w/ Avocado
Fresh Radishes
Kiwi
Red Hot Jell-O
Cheesestick

*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**