MEALS on WHEELS MACON COUNTY

Home Delivered Program

November 2026 – Menu

2 – Monday Salisbury Steak w/ mushroom gravy Zucchini & tomatoes Butternut Squash Pineapple Graham Crackers	**3 – Tuesday** Swiss Chicken Casserole Peas & Carrots Red Beats Diced Pears Bread SF Vanilla Pudding	**4 – Wednesday** Pork Loin w/gravy Roasted Sweet Potatoes Spinach Applesauce Pineapple Lorna Doones Vinegar Packet	**5 – Thursday** Veggie Frittata w/ Cheese Potatoes O'Brien Sausage Apricots Applesauce Bread w/ Jelly	**6 – Friday** Meatloaf w/gravy Whipped Potatoes w/gravy Seasoned Wax Beans Mixed Fruit Mandarin Oranges Bread
9 – Monday Mexican Chicken and Rice w/cheese Corn Broccoli Diced Pears Graham Crackers Salsa & Sour Cream	**10 – Tuesday** Sloppy Joe Potatoes O'Brien Wax beans Cole Slaw Bun Mixed Fruit	**11 – Wednesday** **Frozen:** Shepherd's Pie Lima Beans Black Eyed Peas **Closed for Veteran's Day**	**12 – Thursday** Chicken Apple Crunch Salad Chopped Lettuce w/ Ranch Apricots SF Vanilla Pudding Bread	**13 – Friday** Baked Tilapia **OR** Grilled Chicken Breast over White Rice Butternut Squash Garlic Green Beans Peaches SF Chocolate Pudding
16 – Monday Salisbury Steak w/ mushroom gravy Whipped Potatoes w/ Gravy Beets Mixed Fruit Bread SF Vanilla Pudding	**17 – Tuesday** Chicken and Noodles Seasoned Cauliflower Cooked Spinach Vinegar Packet Mandarin Oranges SF Chocolate Pudding	**18 – Wednesday** Meatloaf w/gravy Whipped Potatoes w/gravy California Blend Baked Apples Lorna Doones Bread	**19 – Thursday** Shredded Pork w/ BBQ Baked Beans Broccoli Cole Slaw Pineapple Bun	**20 – Friday** Tender Beef Pot Roast w/ Gravy Whipped Potatoes w/ Gravy California Blend Apricots Vanilla Wafer Bread
23 – Monday Beef & Noodles Capri Vegetables Broccoli Mandarin Oranges Bread	**24 – Tuesday** Sloppy Joe Roasted Sweet Potatoes Peas & Carrots Apricots Applesauce	**25 – Wednesday** Lemon Thyme Chicken over Rice Pilaf Sliced Carrots Broccoli Tossed Salad w/ Italian Dressing SF Red Jello Bread	**26 – Thursday** Turkey Breast w/ Gravy Bread Dressing w/ Gravy Mashed Potatoes w/ Gravy Green Beans Dinner Roll Peaches Holiday Dessert	**27 – Friday** **Meals on Wheels Closed – No Frozen Meal Delivery Offered**
30 – Monday Turkey Goulash Garlic Green Beans Breadstick Pears Peaches	**Ameren employees will be volunteering their time to deliver a meal to you on Thanksgiving Day. There will be no meal delivery or frozen meal offered on Friday the 27th**		**If you would like to order the Emergency Frozen meals for the winter, please call our office at 217-422-6611. The deadline is Wednesday, November 4th**	

The menu is subject to change

All meals served with requested beverage.

You will only receive fish alternative if your diet requires "no fish"