



## EVENING MEALS ON WHEELS MENU – NOVEMBER 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Teriyaki Chicken Rice Buttered Carrots French Silk Pie	Roast Beef & Gravy Mashed Potatoes Green Beans Side Salad Black Forest Walking Sundae	Garlic Rosemary Pork Wild Rice Seasoned Spinach Fresh Fruit White Confetti Cake	Chicken a La King w/Noodles Asparagus Pineapple Iced Brownies <b><u>Saturday Cold Meal:</u></b> Ham & Cheese Quiche	Orange Glazed Salmon Fried Rice Peas and Carrots Sugar Cookies <b><u>Sunday Cold Meal:</u></b> Ham & Potato Casserole
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Fried Chicken Breast Wedge Potatoes Broccoli Lemon Meringue Pie	Pot Roast w/Gravy Roasted Sweet Potatoes Succotash Vegetables Side Salad Cookies and Cream Walking Sundae	Pork Adobo Lo Mein Noodles Asian Vegetables Fresh Fruit Chocolate Cake	Salisbury Steak Scalloped Potatoes Provence Vegetable Blend Turtle Cheesecake <b><u>Saturday Cold Meal:</u></b> Honey Garlic Chicken Breast	Herb Crusted Cod Baked Potatoes California Vegetables Oatmeal Cookies <b><u>Sunday Cold Meal:</u></b> Taco Bake
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Baked Chicken Breast Potato Pancakes Country Vegetables Lemon Meringue Pie	Corned Beef Boiled Potatoes Brussels Sprouts Side Salad Strawberry Walking Sundae	Stuffed Peppers Rice Pilaf Mixed Vegetables Fresh Fruit Carrot Cake	Spaghetti & Meatballs Broccoli Mixed Fruit Lemon Bars <b><u>Saturday Cold Meal:</u></b> Bacon Swiss Pork Chop	Lemon Herb Tilapia Twice Baked Potatoes Green Beans Chocolate Chip Cookies <b><u>Sunday Cold Meal:</u></b> Baked Spaghetti w/Meat
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Coq Au Vin w/Egg Noodles Roasted Asparagus Diced Peaches Boston Cream Pie w/ Chocolate	Beef Bourgeon w/ Pasta Capri Vegetables Pineapple Chunks Caramel Apple Walking Sundae	Bacon Cheeseburger Casserole Tater Tots Mixed Vegetables <b><u>Thanksgiving Cold Meal:</u></b> Roasted Turkey w/Cornbread Stuffing & Cranberries Southern Green Beans Candied Yams Pumpkin Pie <b><u>Saturday Cold Meal:</u></b> Cheese Manicotti	<p style="text-align: center;"><b><i>Closed for Thanksgiving</i></b></p> 	BBQ Salmon Wedge Sweet Potatoes Capri Vegetables Snickerdoodle Cookies <b><u>Sunday Cold Meal:</u></b> Chicken Cordon Bleu
<b>30</b>	 <div style="display: inline-block; vertical-align: middle; margin-left: 20px;"> <h1 style="margin: 0;">Happy Thanksgiving!</h1> </div>			
Lemon Herb Chicken O'Brien Potatoes Steamed Vegetables Cookies n Cream Pie				



## Evening Meals on Wheels

October 20, 2020

Dear Client of Evening Meals on Wheels,

Enclosed you will find our menu for November. We will be doing an early Thanksgiving cold meal delivery this year on Wednesday, November 25<sup>th</sup>. Our office will be closed on Thanksgiving. We will be open with limited office hours the day after Thanksgiving. We hope you have a wonderful holiday!

With the winter months approaching and with the days getting shorter, our drivers would be very grateful if you would leave your porchlight on so they can easily find your home.

If you have questions, you can reach us at 608-204-0923 or [meals@marquardtmanagement.com](mailto:meals@marquardtmanagement.com). Thank you for choosing us!

Warm Regards,

**Addie Endreson**

Evening Meals on Wheels Manager

### Instructions

**Orders and Cancellations:** Thank you for calling in/emailing all changes for the month at one time!

- Hot Meals - submit by noon the business day before.
- Weekend Cold Meals - submit by noon on Wednesday.
- Thanksgiving Week - submit by noon on Friday, November 20<sup>th</sup>

**Absences:**

If you are not going to be home within the delivery window (4pm to 6pm), please leave an insulated cooler or lunchbox by your door (cardboard boxes, totes, and plastic bags are not considered insulated). This is to ensure your food stays at a safe temperature. For your safety, we recommend retrieving your meal no later than 7pm so it won't spoil.

**Refrigeration Instructions:**

- If you do not plan to eat your meal immediately after delivery, please refrigerate.
- Before refrigerating, tear back a corner of the plastic covering to prevent condensation.

**Heating Instructions:**

Microwave

- Our black plastic meal trays are microwavable.
- Before heating, poke holes in the plastic cover.
- All microwave ovens vary in cooking times. Try heating your meal for 1 to 2 minutes. Heat for additional time as needed.

Oven

- Our black plastic meal trays are not oven safe.
- Place meal on a cookie sheet and bake no longer than 20-25 minutes at 350 degrees.
- Cold side salad dishes should not be heated.