

November 2021, Kenosha County Meals on Wheels

HH-MOW

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Spaghetti & Meatballs Broccoli Vienna Bread Chilled Peaches	Chicken Tenders in Country Gravy, Stuffing Mashed Sweet Potato Bean & Tomato Medley Cran Applesauce	Surimi Crab Alfredo Penne Pasta Zucchini w/ Red Peppers Chef's Choice Veg Dinner Roll, Fruit Cup
6	7	8	9	10
Meatloaf w/ Gravy Cauliflower Mashed Potatoes Mixed Vegetables Whole Wheat Roll Pineapple Tidbits	Fish Sandwich Oven Fries Carrot Raisin Salad Wheat Bun Warm Peach Crum- ble	Maple Mustard Chicken Scalloped Potatoes Bean Casserole Fruit Jello Bread	Cheese Omelette Hash Brown Potatoes Biscuit Apple Juice Yogurt, Orange	Swedish Meatball w/ Gravy Mashed Potatoes Broccoli Multi Grain Bread Fresh Melon
13	14	15	16	17
Pork Roast w/ Gravy Au Gratin Potatoes Peas and carrots Wheat Bread Whole apple	Cheddar Broccoli / Chicken Rice Casse- role Cauliflower, Roll Warm Pear & Cranberry Crumble	Salisbury Steak/Gravy Mashed Potatoes Corn Multi Grain Roll Pineapple Tidbits	Hot Dog w/Bun Oven Fries Bean Casserole Banana	Lasagna w/ Meat Sauce Broccoli Chef's Choice Veg Wheat Bread Oatmeal Raisin Cookie
20	21	22	23	24
Roast Turkey & Gravy Baked Sweet Potatoes Green Bean Casserole Bread Stuffing Dessert	Spaghetti & Meat- balls Mixed Green Salad Multi Grain Bread Warm Peach Cob- bler	Shaved Pork w/ Mediterranean Sauce Scalloped Potatoes Brussels Sprouts Bread, Applesauce	Happy Thanksgiving! Closed for Holiday	Closed for the Holiday
27	28	29	30	
Hot Roast Beef Mashed Potatoes & Gravy Peas & Carrots Wheat Bread Fresh Orange	BBQ Riblet Oven Fries Corn Black Bean Salad Wheat Bun Whole apple	Roast Turkey w/ Ched- dar Sauce Veg Rice Pilaf Broccoli Biscuit/fruit Oatmeal Raisin Cookie	Western Eggs Hash Brown Potatoes Maple Glazed pears Raisin Bread Cranberry Juice Bananan	<u>Menu subject to change without no- tice</u>

Healthy Eating During the Holidays

- Eating healthy is tough around the holidays when there are always goodies available. Here are some quick tips to heating healthy
- Do not skip meals. It will make you hungrier and more likely to overeat
- Eat slowly. It takes 20 minutes for your brain to register that you are full
- Make a small plate of your favorites: ie cookies or pie
- Get a full 7-8 hours sleep. If you are sleep deprived you are more likely to eat more and eat foods high in fat & sugar
- Do not forget to be active: exercising 30-60 minutes can go a long way during the holidays
- Avoid or limit alcohol
- Start by eating vegetables as those will fill you up sooner than fatty foods.

Did you know the average American Christmas dinner is over 7,000 calories?

Recipe for: Roasted Brussel Sprouts

Pomegranate and hazelnuts

*1 1/4 pounds brussels sprouts,
trimmed and halved*

Kosher salt & fresh ground pepper

*Pomegranate juice and sugar mixed
together for pomegranate molasses*

Seeds from 1 pomegranate

1/2 cup coarsely chopped hazelnuts

Finely grated zest of 1 lime

1 tablespoon grated orange zest

Preheat oven to 375

Put sprouts in a medium roasting pan, toss with olive oil, season with salt and pepper. Roast until light golden brown and soft on inside (about 45 minutes)



For Meals on Wheels information, please call 658-0237

Friendly Reminders for your Meal Delivery

- **Please be home to receive your meal and be near the door for meal delivery.** We cannot leave the meal without a recipient.
- **Cancellations must be made 24 hours in advance** by 9:00 a.m. the day before you wish to cancel. We are closed on weekends, so Monday cancellations must be called in by 9:00 a.m. the Friday before.
- **Drivers cannot pass messages to the office.** Please call the office if you have any questions.

Our meals are “Heart Healthy”, meaning that they are low fat, low cholesterol, no added salt and serving no fried foods. If you have other needs not met by the above diets, please ask.



We will be closed for the Thanksgiving Holiday on November 23 & 24