

November 2025

Independence - Meals On Wheels

All meals are made in Independence
served every weekday.

Extra meals can be ordered.

Call 816-254-9566 between 8 – noon.

SUN	MON	TUE	WED	THUR	FRI	SAT
Menu subject to change	3 - Riblets - Tater-Tots - Peas	4 - Italian Chicken - Scalloped Potatoes - Carrots	5 - Meatloaf - Mashed Potatoes & Gravy - Green Beans	6 - BBQ Pork - Baked Beans - Cauliflower w/ Cheese	7 - Chicken Al-Fredo - Antigua Veg.	8
9	10 - Shepherd's Pie - Broccoli	11 - Sausage Au Gratin - Corn	12 - Oven Baked Chicken - Mashed Potatoes / Gravy - Peas & Carrots	13 - Salisbury Steak - Mashed Potatoes / Gravy - Green Beans	14 - Sliced Ham / Pineapple - Scalloped Potatoes - Sway Mix Veg.	15
16	17 - Chicken Stuffing Bake - Normandy Veg.	18 - Sloppy Joe Bake - Antigua Veg.	19 - Baked Fish - Mac & Cheese -Carrots	20 - Parmesan Chicken - Mashed Potatoes - Green Beans	21 - Ham & Beans - Broccoli & Cheese	22
23	24 - Sour Cream Pork & Noodles - Normandy Veg.	25 - BBQ Chicken - Tater-Tots - Peas & Carrots	26 - Spaghetti & Meat Sauce - Italian Veg.	27 CLOSED FOR HOLIDAY	28 CLOSED FOR HOLIDAY	29
30	31 - Biscuits & Gravy - Sausage Patty - Applesauce					Dessert Included With All Meals

EACH MEAL SERVED WITH BREAD/MARGARINE
& MILK OR JUICE