November 2026

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	2 - Ham & Beans - Carrots	3 - Parmesan Chicken - Wild Rice - Peas	4 - Meatballs - Al-Fredo w/ Noodles - Mixed Veg.	5 - BBQ Pork - Beans - Broccoli	6 - Chicken Tetrazzini - Stewed Tomatoes	7
8	9 - Texas Hash - California Medley	10 - Ham w/ Pineapple - Au Gratin Potatoes - Corn	11 - Baked Chicken & Stuffing - Cauliflower	12 - Hot Beef Sandwich - Mashed Potatoes - Green Beans	13 - Tuna Casserole - Spinach	14
15	16 - Sausage & Potato Casserole - Mixed Veg.	17 - Chicken Cacciatore w/ Penne Pasta - Peas	18 - Goulash - Normandy Veg	19 - Hot Turkey Sandwich - Mashed Potatoes - Carrots	20 - Biscuits & Gravy - Sausage Patty	21
22	23 - Chicken Ala King - California Veg	24 - Apricot Pork - Scalloped Potatoes - Beets	25 - Spaghetti & Meatballs - Italian Veg.	26 CLOSED FOR HOLIDAY	27 CLOSED FOR HOLIDAY	28
29	30 - Sour Cream Pork & Noodles - Peas					Dessert Included With All Meals