


All gravy and all bread contains gluten.
Each meal has 4-5 CS.
Add 2 carbs for bread and milk.

ACTIVE GENERATIONS MONTHLY MENU NOVEMBER 2022

Active Generation
2300 W. 46th St.
Sioux Falls, SD 57105

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meals on Wheels Clients: Please call before 8:30am to cancel a meal. <i>You must have a least 3 meals per week and remain on a consistent schedule.</i>		1 SPAGHETTI & MEAT SAUCE ITALIAN VEGETABLES BREAD STICK FRUIT	2 MEATBALLS & GRAVY GARLIC MASHED POTATOES GREEN BEANS FRUIT	3 PORK CHOP & GRAVY AMERICAN FRIES CORN FRUIT
6 TATER TOT CASSEROLE BROCCOLI APPLESAUCE	7 SWISS STEAK STEAK FRIES SCANDIVAN VEGETABLES FRUIT	8 CORN CHOWDER WITH HAM CARROTS FRUIT	9 HAMBURGER ON A BUN TRI-TATERS WINTER MIX VEGETABLES FRUIT	10 ROAST BEEF MASHED POTATOES & GRAVY GREEN BEANS FRUIT
13 SLOPPY JOE ON A BUN STEAK FRIES CARROTS FRUIT	14 HAM & SCALLOPED POTATOES CASSEROLE CORN FRUIT	15 BEEF STEW CALIFORNIA BLEND VEGGIES BISCUIT FRUIT *Call by today if you want 2 frozen meals to use over Thanksgiving break (11/23 & 11/24)	16 CHICKEN THIGHS HERBED POTATOES GREEN BEANS FRUIT	17 CHILI CRACKERS SWEET ROLL FRUIT
20 PORK FRITTER MASHED POTATOES & COUNTRY GRAVY CARROTS FRUIT	21 LASAGNA CASSEROLE ITALIAN VEGETABLES GARLIC TOAST FRUIT *If called by Friday (11/10), 2 frozen meals will be delivered today to use over Thanksgiving break (11/23 & 11/24)	22 CHICKEN SANDWICH TATER TOTS PEAS FRUIT	23 CLOSED FOR THANKSGIVING BREAK	24 CLOSED FOR THANKSGIVING BREAK
27 GRILLED CHICKEN CREAMED POTATOES CARROTS FRUIT	28 MEATLOAF BAKED POTATO WITH SOUR CREAM GREEN BEANS FRUIT	29 HAMBURGER STEAK AU GRATIN POTATOES ITALIAN VEGETABLES FRUIT	30 PULLED PORK SANDWICH HASHBROWN SQUARES MIXED VEGETABLE FRUIT	

All menus are subject to change without notice.