







Broomfield Meals on Wheels

November 2022

www.broomfieldseniors.com

Please call 303-464-5532 at least 24 hours in advance to add or cancel a meal.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chicken Cordon Bleu Salad Dessert	2 Healthy Hearts Tomato-Fennel Cod w/Garlic-Mushroom Farro Salad Dessert	3 Baked Ziti w/Ricotta Cheese & Roasted Vegetables 🍃 Salad Dessert	4 Beef Wellington Salad Birthday Cake!
7 Shredded Pork Sliders w/Coleslaw Salad Dessert	8 Old Fashioned Meatloaf Salad Dessert	9 Chicken Biryani over Basmati Rice Salad Dessert	10 Veterans Appreciation Lunch Slow-Cooked Beef w/Horseradish Sauce Salad Dessert	11 CLOSED 
14 Rio Grande Braised Pork w/Cornbread Salad Dessert	15 Hot Beef Sandwich Salad Dessert	16 Healthy Hearts Cod Provençale over Wild Rice Salad Dessert	17 Thanksgiving Lunch Roasted Turkey w/Gravy Mashed Potatoes Herbed Stuffing Dutch Beets Cranberry Salad Pumpkin Pie	18 Thanksgiving Part 2 Roasted Turkey w/Gravy Cornbread Stuffing Mac & Cheese Green Beans Cranberry Salad Pecan Pie
21 Spaghetti & Meatballs Salad Dessert	22 Chicken Enchilada Casserole Salad Dessert	23 Braised Pork in Sweet Soy Sauce w/Jasmine Rice Salad Dessert	24 CLOSED 	25 CLOSED 
28 BBQ Chicken Sandwich Salad Dessert	29 Vegetable Cod w/Lemon-Basil Quinoa Salad Dessert	30 Beef Empanadas Salad Dessert		

Menu items are subject to change due to availability. Located at 280 Spader Way, Broomfield, CO 80020.