






Suggested donation \$3/meal

Menu subject to change

Monday	Tuesday	Wednesday	Thursday	Friday										
<p>Low fat milk (12) is provided with each meal</p> <p>Number in parentheses represent carbohydrate count</p>	<p>1 Swedish Meatballs (39) Rice (21) Carrots (06) Apple Sauce (18) Fresh Baked Roll (16)</p>	<p>2 Cheesy Sausage Pasta Bake (25) Green Beans (02) Fresh Garlic Roll (15) Peach Fruit Crisp (14)</p>	<p>3 Honey Baked Ham Scalloped Potatoes (13) Diced Beets (06) Fresh Baked Roll (16) Tropical Fruit (08) Fresh Baked Brownie (23)</p>	<p>4 Salisbury Steak (05) Garlic Mashed Potatoes and Gravy (26) Diced Pears (19) Mixed Vegetables (12) Fresh Baked Roll (15)</p>										
<p>7 Creamed Chicken over White Rice (30) Seasoned California Blend Vegetables (18) Fresh Baked Rolls (16) Pineapple Tidbits (07)</p>	<p>8 Savory Chicken Salad Wrap (18) Italian Pasta Salad (20) Kosher Pickle Spears (00) Diced Pears (20)</p>	<p>9 Smoked Ham and White Beans (03) Braised Cabbage (03) Apple Sauce (14) Fresh Baked Cornbread (33)</p>	<p>10 Garlic Roasted Beef Round (00) Herb Roasted Baby Potatoes (15) Peas (11) Mixed Fruit Fluff (58) Fresh Baked Roll (16)</p>	<p>11 NO MEAL</p> 										
<p>14 Country Fried Steak (4) Mashed Potatoes & Gravy (27) Mixed Vegetables (12) Fresh Baked Roll (15) Diced Peaches (22)</p>	<p>15 Shepherd's Pie (79) Seasoned Carrots (06) Pears (12) Chocolate Brownie (23)</p>	<p>16 Teriyaki Chicken Bowl (8) Steamed White Rice (21) Steamed Broccoli (04) Fresh Apple (28) Fresh Baked Roll (16)</p>	<p>17 BBQ Pulled Pork Sandwich (20) Seasoned Corn (14) Steamed White Rice (21) Pineapple (22)</p>	<p>18 Roast Turkey Breast (03) Garlic Mashed Potatoes and Gravy (25) Carrots (06) Fresh Roll (15) Stuffing (20) Cranberry Sauce (22) Pumpkin Pie (35)</p>										
<p>21 Sweet and Sour Chicken (30) Steamed White Rice (21) Stir Fried Vegetables (12) Jell-O Fruit Cup (09) Fortune Cookie (24)</p>	<p>22 Homemade Meatloaf (3) Garlic Mashed Potatoes & Gravy (30) Roasted Corn (14) Fresh Baked Roll (15) Navel Orange (22)</p>	<p>23 Savory Chicken Salad Wrap (18) Italian Pasta Salad (20) Kosher Pickle Spears (00) Diced Pears (20)</p>	<p>24 NO MEAL</p> 	<p>25 NO MEAL</p> 										
<p>28 Malibu Chicken with Honey Mustard Sauce (08) Au Gratin Potatoes (22) Mixed Veggies (12) Fresh Baked Roll (16) Mandarin Oranges (11)</p>	<p>29 Kalua Pork (00) Hawaiian Rice (25) Black Beans (23) Pineapple Tidbits (07) Fresh Baked Rolls (15)</p>	<p>30 Homemade Chicken Pot Pie (14) Fresh Baked Biscuit (25) Garden Green Salad (02) Mandarin Oranges (28) Cookie Bar (28)</p>	<p>Alternate Meal Schedule (Senior Center Lunches Only)</p> <table> <tr> <td>Soup with Turkey Sandwich:</td> <td>Salad:</td> </tr> <tr> <td>Nov 7-8 Vegetable Beef</td> <td>Nov 1-4</td> </tr> <tr> <td>Nov 9-10 Cream of Potato</td> <td>Nov 14-18</td> </tr> <tr> <td>Nov 21-22 Chicken Noodle</td> <td>Nov 28-30</td> </tr> <tr> <td>Nov 23 Cream of Broccoli</td> <td></td> </tr> </table>		Soup with Turkey Sandwich:	Salad:	Nov 7-8 Vegetable Beef	Nov 1-4	Nov 9-10 Cream of Potato	Nov 14-18	Nov 21-22 Chicken Noodle	Nov 28-30	Nov 23 Cream of Broccoli	
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