




# NOVEMBER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2 Swedish Meatballs (39)</b> Rice (21) Carrots (06) Diced Pears (14) Fresh Baked Roll (16)	<b>3 Corn Chowder (22)</b> Green Beans (11) Jell-O and Fruit Cup (09) Fresh Baked Roll (16)	<b>4 French Toast Sticks with Maple Syrup (58)</b> Scrambled Eggs (01) Pork Sausage Links (00) Fresh Apple (28)	<b>5 Smoked Ham and White Beans (25)</b> Braised Cabbage (03) Apple Sauce (14) Fresh Baked Cornbread (33)	<b>6 Salisbury Steak (05)</b> Garlic Mashed Potatoes and Gravy (27) Mixed Vegetables (12) Fresh Baked Roll (15) Diced Pears (19)
<b>9 Creamed Chicken over White Rice (30)</b> Seasoned California Blend Vegetables (18) Fresh Baked Rolls (16) Pineapple Tidbits (07)	<b>10 Veterans Day Meal</b> <b>Garlic Roasted Beef Round (00)</b> Herb Roasted Baby Potatoes (15) Seasoned Peas (11) Mixed Fruit Fluff (58) Fresh Baked Roll (16)	<b>11</b>  <b>NO MEAL</b>	<b>12 Hearty Beef and Vegetable Stew (14)</b> Fresh Green Salad (2) Fresh Cornbread (33) Apple Crisp (67)	<b>13 Cured Honey Baked Ham (00)</b> Scalloped Potatoes (13) Diced Beets (06) Fresh Baked Roll (16) Fresh Baked Brownie (23) Assorted Tropical Fruit (08)
<b>16 Country Fried Steak (4)</b> Mashed Potatoes & Gravy (27) Mixed Vegetables (12) Fresh Baked Roll (15) Diced Peaches (18)	<b>17 Shepherd's Pie (79)</b> Seasoned Carrots (06) Cottage Cheese and Mixed Fruit (12) Chocolate Brownie (23)	<b>18 Savory Chicken Salad Wrap (18)</b> Italian Pasta Salad (20) Kosher Pickle Spears (00) Diced Pears (19)	<b>19 Teriyaki Chicken Bowl (8)</b> Steamed Brown Rice (21) Fresh Steamed Broccoli (04) Fresh Apple (28) Fresh Baked Roll (16)	<b>20 Thanksgiving Day Meal</b> <b>Roast Turkey Breast (03)</b> Garlic Mashed Potatoes & Turkey Gravy (25) Carrots (06) Fresh Baked Roll (15) Cranberry Sauce (22) Pumpkin Cookie (20)
<b>23 Malibu Chicken with Honey Mustard Sauce (08)</b> Au Gratin Potatoes (22) Seasoned Green Beans (02) Fresh Baked Roll (16) Mandarin Oranges (11)	<b>24 Homemade Chicken Pot Pie (14)</b> Fresh Baked Biscuit (25) Garden Green Salad (02) Jackie's Cake (28)	<b>25 Black Angus Meat Loaf (3)</b> Garlic Mashed Potatoes & Gravy (27) Roasted Corn (14) Fresh Baked Roll (15) Navel Orange (22)	<b>26</b>  <b>NO MEAL</b>	<b>27</b>  <b>NO MEAL</b>

<p><b>30 Sweet and Sour Chicken (30)</b> Steamed White Rice (21) Stir Fried Vegetables (12) Mandarin Oranges (11) Fortune Cookie (24)</p>		<p><b>Regular Meals ONLY. No alternate meals during the month of November.</b></p>	<p>Low fat milk (12) is provided with each meal</p> <p>Numbers in parentheses represent carbohydrate count</p>	<p>Suggested donation \$3/meal</p> <p>Menu subject to change</p>
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