








# November 2018 MENU

MON	TUE	WED	THU	FRI
				
			<p>1. SLICED ROAST BEEF CALIFORNIA BLEND VEGETABLES SLICED PEACHES CHOCOLATE CHIP COOKIE WHOLE WHEAT BREAD MILK &amp; ORANGE JUICE</p>	<p>2. LEMON PEPPER COD CORN GLAZED CARROTS PEANUT BUTTER COOKIE DINNER ROLL MILK &amp; APPLE JUICE</p>
<p>5. CHICKEN A LA KING OVER BISCUIT GLAZED CARROTS PEAS PEANUT BUTTER COOKIE MILK &amp; ORANGE JUICE</p>	<p>6. BREADED CATFISH POTATO SALAD BROCCOLI FLORETS WHOLE WHEAT BREAD RANGER COOKIE MILK &amp; APPLE JUICE</p> 	<p>7. SLICED ROAST BEEF MASHED POTATOES PEAS SUGAR COOKIE WHOLE WHEAT BREAD MILK &amp; GRAPE JUICE</p>	<p>8. PORK CHOP BAKED YAM APPLESAUCE CHOCOLATE CHIP COOKIE WHOLE WHEAT BREAD MILK &amp; ORANGE JUICE</p>	<p>9. HAMBURGER ON BUN KETCHUP/MUSTARD OVEN BROWNED POTATOES FRENCH GREEN BEANS PEARS MILK &amp; APPLE JUICE</p>
<p>12. NO MEALS SERVED/ DELIVERED DUE TO VETERANS' DAY</p> 	<p>13. BBQ CHICKEN MASHED POTATOES LIMA BEANS RICE KRISPIE SQUARE DINNER ROLL MILK &amp; ORANGE JUICE</p> 	<p>14. SWISS STEAK RICE CARROTS FRUIT COCKTAIL WHOLE WHEAT BREAD MILK &amp; APPLE JUICE</p>	<p>15. ROAST TURKEY STUFFING PEAS CRANBERRY SAUCE DINNER ROLL MILK &amp; GRAPE JUICE</p>	<p>16. SMOTHERED CHICKEN SWEET POTATOES ITALIAN VEGETABLES CHOCOLATE CHIP COOKIE WHOLE WHEAT BREAD MILK &amp; ORANGE JUICE</p>
<p>19. PORK MEDALLIONS W/ MARSALA SAUCE NOODLES LIMA BEANS APPLESAUCE DINNER ROLL MILK &amp; ORANGE JUICE</p>	<p>20. SWEDISH MEATBALLS RICE CARROTS APRICOTS WHOLE WHEAT BREAD MILK &amp; APPLE JUICE</p>	<p>21. SPAGHETTI W/ MEATSAUCE BROCCOLI FLORETS FRUIT COCKTAIL DINNER ROLL MILK &amp; GRAPE JUICE</p> 	<p>22 &amp; 23 NO MEALS SERVED OR DELIVERED- THANKSGIVING</p> 	
<p>26. BEEF STEW PEAS DINNER ROLL SUGAR COOKIE MILK &amp; APPLE JUICE</p> 	<p>27. ROSEMARY PORK LOIN SUCCOTASH CAPRI VEGETABLES CHOCOLATE CHIP COOKIE WHOLE WHEAT BREAD MILK &amp; ORANGE JUICE</p>	<p>28. SAUCY CHICKEN MACARONI &amp; CHEESE SAUTEED SPINACH EMERALD PEARS DINNER ROLL MILK &amp; ORANGE JUICE</p>	<p>29. PORK CHOP MASHED POTATOES TOSS SALAD/DRESSING CHOCOLATE CHIP COOKIE DINNER ROLL MILK &amp; GRAPE JUICE</p>	<p>30. FILET OF COD ALMONDINE MIXED VEGETABLES COTTAGE CHEESE APRICOTS SUGAR COOKIE WHOLE WHEAT BREAD MILK &amp; APPLE JUICE</p>

THERE COULD BE SLIGHT VARIATIONS IN THIS MENU.

**Suggested Donations: Congregate Meals \$3.00 & Home Delivered Meals \$4.00**

Participants will not be denied service if they cannot or will not contribute to the cost of the meal.

\*Please let us know by noon the day before if joining us for lunch\*