

# November 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Macaroni and Cheese	Taco Stew	Cheesy Chicken Supreme	Biscuits & Gravy	Steak in Brown Gravy
Peas & Carrots	Lima Beans	Zucchini & Tomatoes	Scrambled Eggs	Mashed Potatoes w/ Gravy
Tropical Fruit	Crackers	Cinnamon Applesauce	California Vegetables	Seasoned Asparagus
Vanilla Fruit Salad	Strawberry Whip Dessert	Lemon Square	Apricots	Pineapple
	Banana		Cinnamon Raisin Muffin	Peanut Butter Cake
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Chicken Noodle Soup	Breaded Fish	Beef & Cheese Sandwich	Roast Turkey w/ Dressing	Hamburger on Bun
Spinach Salad	Steak Fries	Parslied Potatoes	Candied Sweet Potatoes	Lettuce/Tomato
Crackers	Creamy Coleslaw	Carrots	Cranberry Sauce	Hash Brown Square
Pears	Mandarin Oranges	Banana	Seasoned Green Beans	Corn
	Spice Cake w/ Frosting	Chocolate Crumb Dessert	Spiced Pears	Strawberries
			Pumpkin Bar	
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Fish Amandine	Spaghetti w/ Meat Sauce	Deli Sandwich	Chicken Pot Pie	Meatloaf
Rice Pilaf	Lettuce Salad	Minestrone Soup	Cauliflower	Whipped Potatoes
Capri Vegetables	Mixed Berry Cup	Crackers	Apricots	Brussel Sprouts
Autumn Fruit Salad	Gingersnap Cookie	Fruit Salad	Oatmeal Raisin Bar	Tropical Fruit
Butterscotch Pudding	Garlic Breadstick	Pineapple/Cherry Crisp		
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Pork Chop with Gravy	Salmon Croquette	Scalloped Potatoes/Turkey Ham	<b>Thanksgiving</b>	Broccoli Cheddar Soup
Mashed Potatoes	Herbed New Potatoes	Peas		1/2 Tuna Salad Sandwich
Creamed Spinach	Broccoli	Orange		Carrots
Diced Peaches	Fruit Cocktail	Berry Crisp		Apricots
Rice Krispie Bar	Chocolate Chip Cookie			Choc Pudding w/Topping
<b>30</b>				
Oven Fried Chicken				
Confetti Potatoes				
Green Beans				
Plums				
Blueberry Whipped Dessert				

\*\*Milk offered with all meals. All meals meet 1/3 of the Recommended Dietary Allowances (RDA) for older adults.

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