


# November 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</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	
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Chicken Noodle Soup	Hamburger on Bun	Pork Tenderloin	Roast Turkey w/ Dressing	Breaded Fish
Spinach Salad	Lettuce/Tomato	Herb Pasta with Broccoli	Candied Sweet Potatoes	Steak Fries
Crackers	Hash Brown Square	Banana	Cranberry Sauce	Creamy Coleslaw
Pears	Corn	Chocolate Crumb Dessert	Seasoned Green Beans	Mandarin Oranges
	Strawberries		Spiced Pears	Spice Cake w/ Frosting
			Pumpkin Bar	
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
Deli Sandwich	Spaghetti w/ Meat Sauce	Fish Amandine	Chicken Pot Pie	Meatloaf
Minestrone Soup	Lettuce Salad	Rice Pilaf	Cauliflower	Whipped Potatoes
Crackers	Mixed Berry Cup	Capri Vegetables	Apricots	Brussel Sprouts
Fruit Salad	Gingersnap Cookie	Apricots	Oatmeal Raisin Bar	Tropical Fruit
Bread Stick	Garlic Breadstick	Butterscotch Pudding		
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Pork Chop with Gravy	Dill Salmon Fillet	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>29</b>	<b>30</b>			
Oven Fried Chicken	Pizza Casserole			
Confetti Potatoes	Lettuce Salad			
Green Beans	Mixed Berries			
Plums	Fruited Yogurt			
Blueberry Whipped Dessert	Breadstick			

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

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