

# November 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	Breaded Fish	Cheesy Chicken Supreme	Spaghetti w/ Meat Sauce	Steak in Brown Gravy
	Steak Fries	Zucchini & Tomatoes	Lettuce Salad	Mashed Potatoes w/ Gravy
	Creamy Coleslaw	Cinnamon Applesauce	Mixed Berry Cup	Seasoned Asparagus
	Mandarin Oranges	Lemon Square	Gingersnap Cookie	Pineapple
			Garlic Breadstick	
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
Chicken Noodle Soup	Hamburger on Bun	Pork Tenderloin	Roast Turkey w/ Dressing	Taco Stew
Spinach Salad	Lettuce/Tomato	Herb Pasta with Broccoli	Candied Sweet Potatoes	Lima Beans
Crackers	Hash Brown Square	Banana	Cranberry Sauce	Crackers
Peaches	Corn	Chocolate Crumb Dessert	Seasoned Green Beans	Strawberry Whip Dessert
	Strawberries		Spiced Pears	
			Pumpkin Bar	
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
Fish Amandine	Biscuits & Gravy	Deli Sandwich	Chicken Pot Pie	Meatloaf
Rice Pilaf	Scrambled Eggs	Minestrone Soup	Cauliflower	Whipped Potatoes
Capri Vegetables	California Vegetables	Crackers	Apples Slices	Brussel Sprouts
Apricots	Orange	Fruit Salad	Oatmeal Raisin Bar	Fruit Cup
Butterscotch Pudding	Chocolate Chip Muffin	Bread Stick		
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
Scalloped Potatoes/Turkey Ham	Dill Salmon Fillet	Pork Chop with Gravy	Thanksgiving	Macaroni and Cheese
Peas	Herbed New Potatoes	Mashed Potatoes		Peas & Carrots
Blueberries	Broccoli	Creamed Spinach		Tropical Fruit
Rice Krispie Bar	Fruit Cocktail	Diced Peaches		Vanilla Fruit Salad
	Chocolate Chip Cookie	Whole Wheat Dinner Roll		
<b>28</b>	<b>29</b>	<b>30</b>		
Oven Fried Chicken	Pizza Casserole	Broccoli Cheddar Soup		
Parslied Potatoes	Lettuce Salad	1/2 Tuna Salad Sandwich		
Green Beans	Mixed Berries	Carrots		
Plums	Fruited Yogurt	Apricots		
	Breadstick	Peanut Butter Pie		

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

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