November 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1	**2**	**3**	**4**
	Breaded Fish	Cheesy Chicken Supreme	Spaghetti w/ Meat Sauce	Steak in Brown Gravy
	Seasoned Cubed Potatoes	Zucchini & Tomatoes	Lettuce Salad	Mashed Potatoes w/ Gravy
	Carrots	Applesauce	Fruited Jello	Seasoned Asparagus
	Mandarin Oranges	Lemon Pudding	Gingersnap Cookie	Pineapple
			Garlic Bread	
7	**8**	**9**	**10**	**11**
Pork Fritter	Hamburger on Bun	Chicken Noodle Soup	Roast Turkey w/ Dressing	Taco Stew
Herb Pasta with Broccoli	Lettuce/Tomato	Spinach Salad	Candied Sweet Potatoes	Three Bean Salad
Banana	Fries	Crackers	Cranberry Sauce	Crackers
Chocolate Crumb Dessert	Corn	Peaches	Seasoned Green Beans	Strawberry Whip Dessert
	Strawberries		Spiced Pears	
			Pumpkin Bar	
14	**15**	**16**	**17**	**18**
Lasagna	Biscuits & Gravy	1/2 Deli Sandwich	Chicken Pot Pie	Meatloaf
Mixed Vegetables	Egg Casserole	Minestrone Soup	Cauliflower	Whipped Potatoes
Apricots	California Vegetables	Crackers	Apple	Brussel Sprouts
Garlic Bread	Orange	Fruit Salad	Oatmeal Raisin Bar	Fruit Cup
Butterscotch Pudding	Chocolate Chip Muffin	Cookie		
21	**22**	**23**	**24**	**25**
Scalloped Potatoes/Turkey Ham	Salmon Patty	Porkloin with Gravy	Thanksgiving	
Peas	Herbed New Potatoes	Mashed Potatoes		
Blueberries	Broccoli	French Cut Green Beans		CLOSED
Chocolate Chip Cookie	Fruit Cocktail	Diced Peaches		
	Rice Krispie Bar	Whole Wheat Dinner Roll		
			CLOSED	
28	**29**	**30**		
Oven Fried Chicken	Pizza Casserole	Macaroni & Cheese		
Parslied Potatoes	Lettuce Salad w/croutons	Peas & Carrots		
Green Beans	Mixed Berries	Tropcial Fruit		
Plums	Fruited Yogurt	Vanilla Fruit Salad		

Stephanie Labenz, MS,RD,LD

AdultLife Community Center for Adults 60+ (515) 462-1334

**Milk offered with all meals. All meals meet 1/3 of the Recommended Dietary Allowances (RDA) for older adults.
Menus may change without notice due to supply availability from our food vendors.