

November 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		1/2 Egg Salad Sandwich	Country Fried Steak	BBQ Beef Sandwich
		Tomato Basil Soup	Whipped Potatoes	Chips
		Crackers	Green Beans	Baked Beans
		24 Hour Fruit Salad	Apricots	Peaches
		Cookie		
6	7	8	9	10
Baked Fish	Baked Potato w/Turkey Ham	Basil Chicken	Hamburger Stew	Sloppy Joe Casserole
Mixed Vegetables	and Cheese Sauce	Au Gratin Potatoes	with veggies	Corn
Applesauce	Broccoli Cuts	Peas	Cornbread	Mandarin Oranges
Cookie	Blueberries	Pears	Cookie	Brownie
	Cherry Jello Cake	Carmel Apple Crisp		
13	14	15	16	17
Baked Chicken	Biscuits & Gravy	Lasagna	Green Pepper Casserole	Swiss Steak with Gravy
Cheddar Mashed Potatoes	Egg Casserole	Mixed Vegetables	Cheesy Cauliflower	Baby Baker Potatoes
Roasted Brussels Sprouts	Banana	Peaches	Diced Cinnamon Apples	Carrots
Pineapple Upside Down Cake	Strawberry Whip	Pie	Cookie	Dinner Roll
Orange				Pears
20	21	22	23	24
Pizza Burger	Tuna Noodle Casserole	Turkey	Thanksgiving	
Italian Pasta Salad	with Peas	Mashed Potatoes		Closed
Peaches	Blueberries	Dressing		
Oatmeal Raisin Cookie	Lemon Pound Cake	Pumpkin Bar		
27	28	29	30	
Baked Fish	Ham Sandwich	Spaghetti & Meatballs	BBQ Pork	
Cheesy Texas Potatoes	Chips	Lettuce Salad	Baked Beans	
Corn	Potato Salad	Cottage Cheese	Strawberries	
Dinner Roll	Pineapple	Garlic Bread	Brownie	
Applesauce	Cookie	Peaches		

Stephanie Labenz
Stephanie Labenz, 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.