

NOVEMBER 2009 MENU

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| 11/2 Mar. Cucs & Onions Italian Meatballs Green Beans Mini Sub Roll Mandarin Oranges | 11/3 Split Pea Soup Turkey/Gravy Mashed Potatoes Carrot Raisin Salad Wheat Bread Peach Delight | 11/4 Broccoli Salad Beef Stew Biscuit Apple | 11/5 Seafood Salad Fresh Tomato Soup Gingered Cucumbers Lima Beans Whole Wheat Bun Apricot Halves | 11/6 Cranberry Juice Honey Mustard Chixn Breast Red Baked Potatoes Winter Blend Veggies Pumpnickel Bread Sliced Pears |
| 11/9 Baked Beans BBQ Pork Ribette Collard Greens Cornbread Pineapple Tidbits Grape Juice | 11/10 Hamburger Macaroni Salad LTO Sandwich Roll Sliced Peaches Pineapple Juice | 11/11 HOLIDAY  | 11/12 Meatloaf Mashed Swt Potatoes Green Beans Vienna Bread Sliced Applies Grape Juice | 11/13 Mar. Cucs & Tomatoes Roast Beef w/Gravy Mashed Potatoes California Blend Veg. Dinner Roll Pineapple Tidbits |
| 11/16 Spiced Beets Knockwurst Baked Beans Cole Slaw Hot Dog Bun Fruit Cocktail | 11/17 Broccoli Salad Chili Con Carne Cornbread Piña Colada Delight | 11/18 Navy Bean Soup Beef Burgundy Mashed Potatoes Roma Salad Rye Bread Banana | 11/19 Chicken Diablo Noodles Peas Wheat Bread Sliced Pears Apple Juice | 11/20 Gingered Cucs Pork Chop w/Gravy Mashed Swt Potatoes Zucchini Pumpnickel Bread Mandarin Oranges |
| 11/23 Lentil Soup Southwest Chicken Noodles Roma Salad Apple Delight | 11/24 Tossed Salad Beef Stew Cornbread Orange | 11/25 HOLIDAY MEAL! Cranberry Salsa Stuff. Chicken Breast Mashed Potatoes Carrots Dinner Roll Gingerbread Peach Sauce | 11/26 CLOSED THANKSGIVING DAY  | 11/27 CLOSED THANKSGIVING FRIDAY |
| 11/30 Cabbage Soup Swedish Meatballs Noodles Mar. Green Beans Pumpnickel Bread Mandarin Oranges | <p>“Lunch is served daily with fun and friendship!” Please give generously towards the \$4.22 cost of each meal. Persons under the age of 60 must pay full price for their meal. Please reserve or cancel your meal by calling your Senior Nutrition Site Aide. Thank you! Menu items are subject to change.</p> | | | |

