




November 2022 Congregate Meal Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	November 1 BBQ Chicken Breast 1/2c. Brown Rice 1/2c. Coleslaw Wheat Bread BIRTHDAY CAKE!	November 2 Stadium Hot Dog 1/2c Cheesy Hashbrowns 1 Hot Dog Roll 1/2c Pineapple & Mandarin Oranges	November 3 Penne & Meatballs (4) 3/4c Pasta w/ Marinara 1c Tossed Salad 1 Garlic Breadstick 1/2c Mixed Fruit Salad	November 4 1/2c. Creamy Parmesan Pork Chop 1/2c Diced Redskin Potatoes 1/2c Green Beans 1 Dinner Roll 1/2c Pineapple Tidbits Cookie
November 7 Chicken Marsala w/ 2oz Sauce 1/2c Rice Pilaf 1/2c Broccoli & Cauliflower Blend Wheat Bread Fresh Fruit	November 8 We will be getting bag lunches today Italian Sandwich Ham, Salami & Provolone on Wheat Bread Lettuce, Tomato and Cole Slaw Pasta Salad, Fresh Fruit and Milk	November 9 1/2c. Pot Roast w/ Gravy 1/2c Mashed Potatoes 1/2c Coin Carrots Italian Bread Cookie	November 10 Salisbury Steak w/ Gravy Baked Potato w/ Margarine 1/2c Green Beans 1 Wheat Bread 1/2c Gelatin	Happy Veterans Day November 11 
November 14 Taco Salad (3oz Taco Meat, .5oz Cheddar, Lettuce, Tomato, Salsa) Tortilla Chips 1/2c Corn w/ Pimentos 1/2c Pineapple	November 15 Swedish Meatballs (4) w/ Gravy 1/2c Buttered Noodles 1/2c Peas 1 Dinner Roll Seasonal Fresh Fruit	November 16 We will be getting bag lunches today Tuna Salad on a Wheat Roll Fruit Juice Cucumber Salad Cookie Milk	Thanksgiving Special November 17 Roast Turkey w/ Gravy Stuffing Whipped Potatoes Mixed Vegetables Dinner Roll Pumpkin Pie	November 18 1c Chili 1/2oz Cheddar Cheese 1c Tossed Salad Cornbread 1/2c Applesauce
November 21 We will be getting bag lunches today Sliced Turkey on Whole Wheat Lettuce and Tomato Potato Salad Fresh Fruit Brownie Milk	November 22 Breaded Chicken Patty 1/2c Whipped Potatoes 1/2c Corn 1 Biscuit 1/2c Peaches	November 23 We will be getting bag lunches today Chicken Salad on Wheat Roll Macaroni Salad Lettuce and Tomato Fresh Fruit Cookie Milk	November 24 	November 25 CENTERS CLOSED
November 28 Glazed Ham w/ Raisin Sauce 1/2c Whipped Sweet Potatoes 1/2c Peas & Carrots 1 Dinner Roll 1 Cookie	November 29 3/4c. Pasta Primavera (Chicken, Cheese, Broccoli, Carrots, Onions, Peppers) 1/2c Noodles 1 Breadstick 1/2c Mixed Fruit	November 30 Baked Meatloaf w/ Gravy Baked Potato w/ Margarine 1/2c Beets 1 White Bread Seasonal Fresh Fruit	* menu subject to change	



*** Served daily: 8 ounces Milk and 1 tablespoon Margarine