ONEgeneration Meal Program – Wilkinson Senior Center **NOVEMBER 2026**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Arroz con Pollo 2 (chicken in LS sauce) Brown Rice LS Pinto Beans *Shredded Cabbage & Radish Salad Apple	**Curried Lentils** 3 (cooked lentils w/ herbs, spices & LS tomato) **Broccoli Tossed Romaine Salad *Orange Quinoa	**Beef Stroganoff** 4 (ground beef w/ LS sauce) **Parslied Carrots Mesclun Salad *Pineapple or Kiwi Whole Grain Noodles	**Honey Mustard Chicken w/ LS Sauce** 5 Peas & Corn *Marinated Bell Pepper & Tomato Salad Fresh Fruit Barley Pilaf	**SACK LUNCH** 6 **Chicken Salad Sandwich** (celery, onion, mayo) Lettuce & Tomato **Carrot Raisin Salad [=] Potato Salad Whole Fruit Cookie WG Roll
Turkey Burger 9 Lettuce, Tomato, Onion **LS Baked Beans **Carrots *Orange Whole Grain Bun	**Savory Beef Stew** 10 (beef, **carrots, celery, onion & garlic w/ LS sauce) Green Peas w/ Pearl Onions Mashed Potatoes Fruit Cup WG Roll	**CLOSED** 11 	**Baked Fish** 12 w/ LS Garlic Marsala Sauce LS Herbed Cannellini Beans ***Broccoli Salad Cinnamon Applesauce or Apple Whole Grain Pasta	**BBQ Chicken** 13 (Chicken Thigh w/ LS BBQ Sauce) **Collard Greens ***Coleslaw w/ Red Cabbage & Carrots Fresh Fruit WG Roll Macaroni & Cheese
Vegetarian Chili 16 (LS pinto & kidney beans, LS tomatoes & cheese garnish) **Broccoli Mixed Salad Greens *Fruit Cup or Kiwi Quinoa Pilaf	**Jamaican Jerk Chicken** w/ LS Sauce 17 **Sweet Potato *Pineapple Coleslaw Fresh Fruit Brown Rice	**Potato Crusted Pollock Sandwich** (Fish) 18 **LS Herbed Carrots Lettuce, Tomato, Onion LS Herbed Lentils *Orange Whole Grain Bun	**Turkey Meatloaf** 19 Corn Green Peas ***Spinach & Kale Salad w/ Mandarin Oranges Banana Vanilla or Chocolate Pudding WG Bread	**Asian Beef Stir Fry** 20 (beef strips, LS sauce, **mixed Asian vegetables-broccoli, bell peppers, onions) Edamame Romaine Salad *Mango Fruit Cup Pineapple Brown Rice
Tuna Salad 23 (tuna w/ celery & onion) Herbed Potato Salad *Creamy Coleslaw Baked Apple or Unsweetened Applesauce Whole Grain Roll	**Whole Grain Linguine w/ Meat Sauce** (ground turkey w/ LS tomato) 24 Broccoli ***Chopped Salad w/ Kale Fresh/Unsweetened Pear or Peach	**Turkey w/ LS Gravy** 25 Green Beans w/ Almonds or Asparagus Cranberry Sauce *Tossed Green Salad w/ Romaine, Spinach & Mandarin Oranges *[=] Orange Juice Herb Stuffing Pumpkin Pie/Tart WG Roll	**Holiday** 26 **Closure** 27 	
Turkey Enchilada Casserole (tortilla, LS tomato sauce, cheese garnish) 30 LS Pinto or Black Beans Mesclun Mixed Salad ***Mango Fruit Cup Spanish Brown Rice				



Community Investment Dept. Requirements:

Lunch meets 1/3 requirement for the Recommended Daily Allowance.

*Meets Vitamin C requirement **Meets Vitamin A requirement

***Meets Vitamin A & C requirement [=] Potassium-rich

Suggested voluntary contribution: $3.00 per meal

NOTE: Menu is subject to change without notice.

