

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** **Picnic Lunch** Slice Turkey on Whole Bread Lettuce & Tomato Potato Salad Fresh Fruit Brownie Lemoande	**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** 1c. Cabbage Casserole w/ 2oz Tomato Sauce 1/2c. Hashbrown Potatoes 1/2c Peas 1 Dinner Roll Fresh Fruit	**November 9** 1/2c. Pot Roast w/ Gravy 1/2c Mashed Potatoes 1/2c Coin Carrots Italian Bread Cookie	**November 10** Italian Sandwich (Ham, Salami & Provolene on White bread) Lettuce & Tomato Coleslaw Pasta Salad Fresh Fruit Iced Tea	***Happy Veterans Day*** **November 11** **Center Closed** 
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** 1/2c. Roasted Pork w/ Apples 1/2c Parsley Potatoes 1/2c Lima Beans 1 Mini Biscuit w/ Apple Butter Cookie	***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 1/2c. Sweet & Sour Pork 1/2c. Rice 1/2c Broccoli & Cauliflower Blend 1 Dinner Roll Fresh Fruit	**November 22** Breaded Chicken Patty 1/2c Whipped Potatoes 1/2c Corn 1 Biscuit 1/2c Peaches	**November 23** 1c. Stuffed Pepper Casserole 1/2c Garlic Whipped Potatoes 1/2c Coin Carrots 1 Wheat Bread 1/2c Pudding	**November 24** 	**November 25** **CENTERS CLOSED**
November 28 Sweet Bolongna & American Cheese Lettuce & Tomato Coleslaw Fresh Fruit Cookie Lemonade	**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	The Nutrition Group