

# November 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Don't forget to call to cancel if you will not be home when your meal arrives! 792-7102 1-866-942-7102</b>			<b>1</b> Oven Fried Chicken Potatoes & Gravy Green Beans Peaches Blueberry Whipped Dessert
<b>4</b> Biscuits & Gravy Hard Boiled Egg California Vegetables Apricots Cinnamon Roll	<b>5</b> Taco Stew Lima Beans Crackers Strawberry Whip Dessert Banana	<b>6</b> <b>Cook's Choice</b> Stuffed Peppers Corn Mandarin Oranges Dessert	<b>7</b> Hamburger in Brown Gravy Mashed Potatoes w/ Gravy Seasoned Asparagus Pineapple Cake	<b>8</b> Macaroni and Cheese Peas & Carrots Tropical Fruit Vanilla Fruit Salad
<b>11</b> <b>CLOSED</b> <b>VETERAN'S DAY</b>	<b>12</b> Chicken Noodles over Whipped Potatoes Peas Pears	<b>13</b> Beef & Cheese Sandwich Parslied Potatoes Carrots Banana Chocolate Crumb Dessert	<b>14</b> Chicken Pot Pie Cauliflower Apricots Oatmeal Raisin Bar	<b>15</b> Hamburger on Bun Lettuce/Tomato Hash Brown Square Corn Strawberries
<b>18</b> Meatloaf Whipped Potatoes Brussel Sprouts Tropical Fruit Dessert	<b>19</b> Pasta w/ Meat Sauce Lettuce Salad Mixed Berry Cup Gingersnap Cookie Garlic Breadstick	<b>20</b> Deli Sandwich Minestrone Soup Crackers Fruit Salad Pineapple/Cherry Crisp	<b>21</b> Roast Turkey w/ Dressing Candied Sweet Potatoes Cranberry Pear Salad Seasoned Green Beans Pumpkin Crunch	<b>22</b> Lemon Fish Rice Pilaf Capri Vegetables Autumn Fruit Salad Butterscotch Pudding
<b>25</b> <b>Cook's Choice</b> Crispy Chicken Sandwich Chips Cole Slaw Dessert	<b>26</b> Broccoli Cheddar Soup 1/2 Tuna Salad Sandwich Carrots Apricots Cookie	<b>27</b> Scalloped Potatoes with Turkey Ham Peas Orange Berry Crisp	<b>28</b> <b>Thanksgiving</b> 	<b>29</b> <b>CLOSED</b>

\*\*Milk offered with all meals. All meals meet 1/3 of the Recommended Dietary Allowances (RDA) for older adults.

  
Stephanie Labenz, MS, RD, LD