

# November 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Macaroni and Cheese Peas & Carrots Tropical Fruit Vanilla Fruit Salad	<b>CLOSED</b> <b>ELECTION HELD</b> <b>AT OUR SITE</b>	Taco Soup Beans Crackers Strawberry Whip Dessert Banana	Biscuits & Gravy Hard Boiled Egg Tomatoes Apricots Muffin	Steak in Brown Gravy Mashed Potatoes w/ Gravy Seasoned Asparagus Pineapple Peanut Butter Cake
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Breaded Fish Fries Coleslaw Mandarin Oranges Spice Cake w/ Frosting	Chicken Noodle Soup Spinach Salad Crackers Fresh Pear	<b>CLOSED-Veteran's Day</b>	Hamburger on Bun Lettuce/Onion Hash Brown Square Corn Strawberries	Deli Sandwich Minestrone Soup Crackers Fruit Salad Fruit Crisp
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Hot Dog w/Chili Chips Pudding Fruit	Spaghetti w/ Meat Sauce Lettuce Salad Mixed Berry Cup Gingersnap Cookie Garlic Bread	Roast Turkey w/ Dressing Candied Sweet Potatoes Cranberry Pear Salad Seasoned Green Beans Pumpkin Crunch	Chicken Pot Pie Cauliflower Apricots Cookie	Meatloaf Baked Potato Brussel Sprouts Tropical Fruit
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Fish Herbed New Potatoes Broccoli Fruit Cocktail Cookie	Beef Stew Roll Fruit Apple Crisp	Broccoli Cheddar Soup 1/2 Tuna Salad Slider Carrots Apricots Choc Pudding w/Topping	<b>Thanksgiving</b>  <b>CLOSED</b>	<b>CLOSED</b>
<b>30</b>		<b>IF YOU ARE ASLEEP OR DO NOT RESPOND TO OUR KNOCK OR THE DOORBELL, WE WILL NOT LEAVE THE MEAL. YOUR EMERGENCY CONTACT WILL BE CALLED IF YOU DON'T ANSWER YOUR DOOR OR PHONE.</b>		<b>TO CANCEL YOUR MEAL, CALL 641-792-7102</b>
Chicken Nuggets Confetti Potatoes Green Beans Apricots Blueberry Whipped Dessert				

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

  
Stephanie Labenz, MS, RD, LD