

November 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Cook's Choice	Fish & Chips	Spaghetti w/ Meat Sauce	Chopped Steak in Gravy
	Stuffed Pepper Soup	Creamy Coleslaw	Garlic Bread	Mashed Potatoes
	Corn	Mandarin Oranges	Lettuce Salad	Seasoned Asparagus
	Peach	Dessert	Strawberries	Pineapple
	Apple Crisp		Cookie	
7	8	9	10	11
Chicken Noodles over Whipped Potatoes	Hamburger on Bun	Taco Stew	Chicken Pot Pie	VETERAN'S DAY
Spinach	Lettuce/Onion	Peas	Cauliflower	CLOSED
Peaches	French Fries	Crackers	Apple	
Dessert	Corn	Pineapple Tidbits	Cookie	
	Strawberries	Dessert	(Last day to sign up for Thanksgiving Dinner on 11/24)	(extra meals sent out 11/10)
14	15	16	17	18
Fish	Biscuits & Gravy	Cook's Choice	Roast Turkey w/ Dressing	Meatloaf
Rice Pilaf	Hard Boiled Eggs	Beef Stew	Candied Sweet Potatoes	Baked Potatoes
Capri Vegetables	California Vegetables	Corn	Seasoned Green Beans	Brussel Sprouts
Apricots	Orange	Peach	Cranberry Salad	Mixed Fruit
Butterscotch Pudding	Muffin	Roll	Pumpkin Crunch	Cookie
21	22	23	24	25
Scalloped Potatoes w/Turkey Ham	Salmon Loaf	Macaroni and Cheese	Thanksgiving	
Peas	Herbed New Potatoes	Peas & Carrots		CLOSED
Blueberries	Broccoli	Tropical Fruit		
Dessert	Fruit Cocktail	Vanilla Fruit Salad	CLOSED-Meal available for those who sign up by 11/10	(extra meals sent out 11/23)
28	29	30		To cancel your meal, call 641-792-7102. Meals will not be left if you are not home or have not communicated with us.
Beef Pot Roast w/Vegetables	Pizza	Oven Fried Chicken		
Biscuit	Lettuce Salad	Parslied Potatoes		
Apricots	Mixed Berries	Green Beans		
Cookie	Fruited Yogurt	Strawberries		

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


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