




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>1</p> <p>A: Chicken Ratatouille B: Turkey Cacciatore Parslied Penne Pasta Tangy Spinach Texas Bread Fresh Fruit</p>	<p>2</p> <p>A: Teriyaki Beef B: Sweet and Sour Pork Loin Rice Ginger Carrots Dinner Roll Graham Crackers</p>	<p>3</p> <p>A: Confetti Chicken B: Country Steak Tenders/Gravy Mashed Sweet Potatoes Green Peas with Pearl Onions Texas Bread Fresh Fruit</p>	<p>4</p> <p>A: Swedish Beef Meatballs B: Sliced Turkey Breast w/Gravy Whipped Potatoes Broccoli Cornbread Muffin Fruited Lemon Gelatin *Diet - Fruited Gelatin</p>	<p>5</p> <p>A: Turkey Pot Roast with Gravy B: Battered Pollock Baked Potato Okra and Tomatoes Texas Bread Oatmeal Cream Cookie</p>	
<p>8</p> <p>A: Sloppy Joe B: Breaded Chicken Patty Sliced Beets Green Beans Whole Grain Hamburger Bun Fresh Fruit</p>	<p>9</p> <p>A: Marinara Turkey Meatballs B: Polish Sausage w/Sauerkraut Whipped Potatoes Sliced Carrots Hot Dog Bun Fresh Fruit</p>	<p>10</p> <p>Birthday Day!</p> <p>A: Oven Fried Chicken B: Roast Beef with Gravy Whipped Potatoes with Gravy Green Peas with Onions Wheat Roll Brownie and Ice Cream *Diet-Brownie and Ice Cream</p> 	<p>11</p> <p>VETERANS DAY HOLIDAY!</p> <p>ALL CENTERS CLOSED</p> <p>NO MEAL DELIVERY</p> 	<p>12</p> <p>A: Potato Crusted Fish B: Liver and Onions Macaroni and Cheese Caribbean Vegetables Wheat Bread Lime Gelatin *Diet - Gelatin</p>	
<p>15</p> <p>A: Beef Taco Meat B: Chicken Taco Meat Shredded Cheese Lettuce and Tomato Mixed Beans Tortilla Chips Hot Spiced Peaches</p>	<p>16</p> <p>A: Turkey and White Beans B: Tuna Tetrizzini Broccoli Sliced Carrots Texas Bread Fruit Cocktail</p>	<p>17</p> <p>A: Tomato Swiss Steak B: BBQ Mustard Shredded Pork Rice Pilaf Green Beans Multigrain Bread Fresh Fruit</p>	<p>18</p> <p>A: Lemon Herb Chicken B: Meatloaf with Brown Gravy Crispy Cubed Potatoes Orange Beets Wheat Roll Fresh Fruit</p> 	<p>19</p> <p>A: Loaded Potato Casserole B: Spaghetti Torte Herbed Green Peas Tossed Salad Wheat Bread Peach Crisp</p>	
<p>22</p> <p>A: Italian Shells and Cheese B: Chicken and Dumplings Green Peas Monaco Vegetables Dinner Roll Chocolate Pudding *Diet - Chocolate Pudding</p>	<p>23</p> <p>A: Beef Shepherd's Pie B: Turkey Pot Pie Stewed Tomatoes Lemon Zest Broccoli Texas Bread Fresh Fruit</p>	<p>24</p> <p>Thanksgiving Day Meal</p> <p>A: Sliced Turkey Breast w/Gravy B: Honey Glazed Ham Cornbread Dressing Glazed Carrots Wheat Roll Pumpkin Cake *Diet - Vanilla Wafers</p> 	<p>25</p> <p>THANKSGIVING DAY HOLIDAY!</p> <p>ALL CENTERS CLOSED</p> <p>NO MEAL DELIVERY</p>  	<p>26</p>	
<p>29</p> <p>A: Mushroom Chopped Steak B: Honey Baked Chicken Whipped Potatoes Glazed Carrots Texas Bread Mixed Fruit</p>	<p>30</p> <p>A: Pesto Turkey Meatballs B: Beef Burgundy Rotini Pasta Italian Vegetables Multigrain Bread Oatmeal Cream Cookie</p>	<p>Menu A - Meals On Wheels **Menu B - Senior Centers Only**</p>  <p>This meal is high in sodium</p> <p>See back of menu for nutrition information.</p> 			<p>Suggested meal donation • \$3.00</p>