




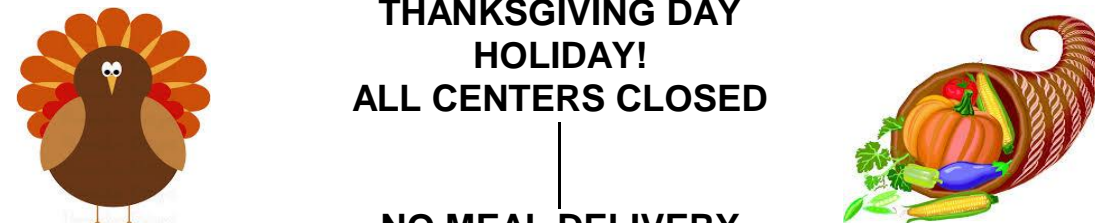




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 A: Salisbury Beef with Gravy B: Chicken Piccata Brown Rice Mixed Vegetables Wheat Bread Fresh Fruit	2 A: Chicken and Noodles B: Beef Stroganoff Harvard Beets Brussels Sprouts Multigrain Bread Fruited Cherry Gelatin *Diet - Fruited Gelatin	3 A: Meatloaf with Brown Gravy B: Tuscan Pork Roast Northern Beans Parmesan Tomatoes Dinner Roll Graham Crackers	4 A: Vegetable Lasagna B: Beef Spaghetti Peas and Carrots Broccoli Texas Bread Fresh Fruit
	7 A: Sloppy Joe B: Breaded Fish Mashed Sweet Potatoes Green Beans Hamburger Bun Fresh Fruit	8 A: Beef Hot Dog B: Polish Sausage with Sauerkraut Ranch Beans Sliced Carrots Hot Dog Bun Fresh Fruit 	9 Birth Day! A: Chicken Supreme B: Roast Beef with Gravy Whole Kernel Corn Green Peas with Onions Wheat Roll Orange Sherbet 	10 A: Creole Beef Steak B: Creamy Pork Loin Northern Beans Catalina Vegetables Texas Bread Graham Crackers 
14 A: Mushroom Chopped Steak B: Honey Baked Chicken Whipped Potatoes Glazed Carrots Wheat Bread Mixed Fruit	15 A: Pesto Turkey Meatballs B: Beef Burgundy Rotini Pasta Italian Vegetables Multigrain Bread Oatmeal Cream Cookie	16 A: Chicken Alfredo B: Cheesy Beef Ziti Green Beans Country Tomatoes Wheat Roll Fresh Fruit	17 A: Cheeseburger Macaroni B: Tuna Noodle Bake Broccoli Sliced Beets Wheat Bread Creamsicle Pudding *Diet - Vanilla Pudding	18 A: Baked Chicken with Gravy B: Honey Glazed Ham Mixed Beans Chuckwagon Corn Dinner Roll Fresh Banana
21 A: Italian Shells and Cheese B: Chicken and Dumplings Green Peas Monaco Vegetables Wheat Bread Chocolate Pie Parfait * Diet - Chocolate Pudding	22 A: Beef Frito Pie B: Turkey Chili with Beans Confetti Rice Lemon Zest Broccoli Corn Chips Fresh Fruit	23 Thanksgiving Day Meal A: Sliced Turkey Breast w/Gravy B: Honey Glazed Ham Cornbread Dressing Glazed Carrots Wheat Roll Butterscotch Pudding *Diet - Vanilla Wafers 	24 THANKSGIVING DAY HOLIDAY! ALL CENTERS CLOSED NO MEAL DELIVERY 	
28 A: Turkey Cacciatore B: Chicken Ratatouille Parslied Penne Pasta Green Beans Almandine Texas Bread Fresh Fruit	29 A: Teriyaki Beef B: Sweet and Sour Pork Loin Rice Ginger Carrots Dinner Roll Graham Crackers 	30 A: Lemon Caper Chicken B: Salisbury Steak Mixed Beans Green Peas with Pearl Onions Multigrain Bread Fresh Banana	Menu A- Home-Delivered Meals **Menu B- Senior Centers Only** This will include all side meal components as listed.	
				Suggested meal donation • \$3.00  This meal is high in sodium See back of menu for nutrition information. 