

Senior Nutrition Program

November 2022

MONDAY

TUESDAY



WEDNESDAY

THURSDAY

1
Teriyaki Chicken
Fried Rice w/ peas & carrots
Stir Fry Veggies
Cottage cheese w/ Pineapple
2% Milk

2 **OLD TIME FIDDLERS**
Hot Hamburger w/ grilled onion
Mashed Potato & gravy
Green Beans
Mandarin Orange Buttermilk salad
Hot roll
2% Milk

3
Chicken Alfredo
Egg Noodles
Calif Blend
Fruit
Pumpkin choc chip cookie
2 % milk

7
Stuffed Green Peppers
Vegetable Blend
Tropical blend
Bread
O Henry Bar
2% Milk

8
Chicken noodle soup w/ carrot, celery
Cheese stick
Crackers
Fruit cup
2% Milk

9
Thanksgiving Dinner
Turkey Cranberries, Candied Yams
Mashed Potato/ Gravy, Dressing
Cranberry salad, Green Beans
Pumpkin Pie
Dinner Roll/ Margarine
2% Milk

10
VETERANS DAY
CENTER CLOSED
Thank you HERO
You make America proud.

14
Baked Ham
Scalloped Potatoes
Peas
Mixed Fruit
Corn Bread
2% milk

15
Baked Fish
Rice Pilaf
Cinnamon Applesauce
Broccoli
2% Milk

16
Roast Beef
Mashed potato w/ gravy
Green beans
Frog Eye Salad
Wheat Bread w/ margarine
2% Milk

17
Swedish Meatballs over
Noodles
Normandy Blend
Jell- w/ Mandarin oranges
Bread pudding w/ lemon sauce
2% Milk

21
Beef barley & vegetable Soup
Cheese stick
Crackers
Mixed Fruit
Apple Cake w sauce
2% milk

22
COOKS CHOICE

23
Center Closed

24
**Thanksgiving
Center Closed**

28
Country Fried Steak
Mashed potato/ gravy
Corn
Peas
Rolls/Margarine
cookie
2% Milk

29
Tamale Pie
Glazed Carrots
Fruit Salad
Cheddar Biscuit
Brownie
2% Milk

30 **BINGO**
Honey BBQ Chicken
Baked Potato /sour cream
Peas
Dinner Roll w/ Margarine
Tropical fruit
2% milk

60 + suggested donation \$3.00
Under 60 Cost \$6.00

Please make your reservation by 9:00
am
on the day you plan to eat at the
center.

MENU SUBJECT TO CHANGE AND SUBSTITUTIONS
PLEASE CALL 435-623-7306 NO LATER THAN 9:00 A.M. FOR LUNCH. LUNCH IS SERVED AT 12:00 P.M. THANK YOU!