

## Senior Nutrition Program

November 2022

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

	<p>1 Teriyaki Chicken Fried Rice w/ peas &amp; carrots Stir Fry Veggies Cottage cheese w/ Pineapple 2% Milk</p>	<p>2 Hot Hamburger w/ grilled onion Mashed Potato &amp; gravy Green Beans Mandarin Orange Buttermilk salad Hot roll 2% Milk</p>	<p>3 Chicken Alfredo Egg Noodles Calif Blend Fruit Pumpkin choc chip cookie 2 % milk</p>
<p>7 Stuffed Green Peppers Vegetable Blend Tropical blend Bread O Henry Bar 2% Milk</p>	<p>8 Chicken noodle soup w/ carrot, celery Cheese stick Crackers Fruit cup 2% Milk</p>	<p>9 Thanksgiving Dinner Turkey Cranberries, Candied Yams Mashed Potato/ Gravy, Dressing Cranberry salad, Green Beans Pumpkin Pie Dinner Roll/ Margarine 2% Milk</p>	<p>10 Veterans Day  CENTER CLOSED</p>
<p>14 Baked Ham Scalloped Potatoes Peas Mixed Fruit Corn Bread 2% milk</p>	<p>15 Roast Beef Mashed potato w/ gravy Green beans Frog Eye Salad Wheat Bread w/ margarine 2% Milk</p>	<p>16 Baked Fish Rice Pilaf Cinnamon Applesauce Broccoli 2% Milk</p>	<p>17 Swedish Meatballs over Noodles Normandy Blend Jell- w/ Mandarin oranges Bread pudding w/ lemon sauce 2% Milk</p>
<p>21 Beef barley &amp; vegetable Soup Cheese stick Crackers Mixed Fruit Apple Cake w sauce 2% milk</p>	<p>22 Hamburger Goulash Cheese stick Bread stick Peaches 2% Milk</p>	<p>23  Center Closed</p>	<p>24  <b>Thanksgiving Center Closed</b></p>
<p>28 Country Fried Steak Mashed potato/ gravy Corn Pears Rolls/Margarine cookie 2% Milk</p>	<p>29 Tamale Pie with Fritos Glazed Carrots Fruit Salad Cheddar Biscuit Brownie 2% Milk</p>	<p>30 Honey BBQ Chicken Baked Potato /sour cream Peas Dinner Roll w/ Margarine Tropical fruit 2% milk</p>	<p>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.</p>

