

Senior Nutrition Program

November 2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

**Menu Subject to Change
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.**

4
Baked Fish
Rice Pilaf
Cinnamon Applesauce
Broccoli
2% Milk

5
Roast Beef
Mashed potato w/ gravy
Mixed Veggies
Frog Eye Salad
Wheat Bread w/ margarine
2% Milk

6
Baked Ham
Scalloped Potatoes
Peas
Mixed Fruit
2% milk

7
Hot Hamburger w/ grilled onion
Mashed Potato & gravy
Green Beans
Mandarin Orange Buttermilk salad
Hot roll
2% Milk

11

Centers Closed
Happy Veteran's Day

12
Chicken noodle soup
w/ carrot, celery
Cheese stick
Crackers
Fruit cup
2% Milk

13
Swedish Meatballs over
Noodles
Normandy Blend
Jell- w/ Mandarin oranges
Bread pudding w/ lemon sauce
2% Milk

14
Chicken Strips w/ chick fil a sauce
Baked potato w/ sour cream
Mixed veggies
Pineapple
2 % milk

18
Hamburger barley & vegetable
Soup
Cheese stick
Crackers
Mixed Fruit
2% milk

19
Pork Chop
Baked sweet potato
Broccoli
Applesauce
2% milk

20
COOKS CHOICE

21
Thanksgiving Dinner
Turkey Cranberries, Candied Yams
Mashed Potato/ Gravy, Dressing
Cranberry salad, Green Beans
Pumpkin Pie
Dinner Roll/ Margarine
2% Milk

25
Turkey Stuffing Casserole
Beets
Pears
Cookie
2% milk

26
Teriyaki Chicken
Fried Rice w/ peas & carrots
Stir Fry Veggies
Cottage cheese w/ Pineapple
2% Milk

27 Soft Shell Ground Beef Taco w/
lettuce
Tomato, onion, cheese
Refried Beans
Chips & Salsa
Mandarin oranges
2% Milk

28
Closed – Happy Thanksgiving