

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Beef Tips Burgundy Buttered Noodles Mixed Veggies Tropical Fruit Wheat Bread	2 Multi Bean Soup Tuna Salad Sandwich On Wheat Bread Lettuce & Tomato Fresh Potato Salad Fruit Crisp	3 Meatloaf w/Gravy Mashed Potatoes Peas & Pearl Onions Cinnamon Apples Whole Wheat Bread	4 Chicken Florentine Casserole Parslied Noodles Whole Wheat Roll Apricots
7 Pulled BBQ Pork On A Sandwich Roll Buttered Corn Fresh Coleslaw Pineapple Tidbits	8 CLOSED for Election Day	9 Cream of Tomato Soup Grilled Chicken Breast On a Sandwich Roll Lettuce & Tomato Fresh Potato Salad Apricots	10 Baked Potato Spinach Tossed Salad w/Ranch Dressing Chili con Carne Shredded Cheddar Apricots	11 Closed for Veterans Day
14 Roast Pork Loin w/Gravy Braised Cabbage Mixed Veggies Whole Wheat Roll Fruit Cocktail	15 Bourbon BBQ ¼ Chicken Yellow Rice Pilaf Green Beans Diced Pears	16 Roast Beef on Kaiser Roll Potato Salad Cole Slaw Fruit Cocktail Lettuce/Tomato/Red Onion	17 Open Faced Hot Turkey Whole Wheat Bread Mashed Potatoes Stewed Tomatoes Diced Peaches	18 Navy Bean Soup Diced Grilled Chicken Pasta salad over Fresh Baby Spinach Corn Muffin Apricot Halves
21 Sliced Pot Roast of Beef Vegetable Gravy Seasoned Red Skin Potato Wedges Dinner Roll Mandarin Oranges	22 Sliced Turkey w/Gravy Bread Stuffing Fruit Cocktail Green Beans Cranberry Sauce Pumpkin Pie w/Topping	23 Hamburger Lettuce & Tomato Hamburger Roll Baked Beans Fresh Cole Slaw Cherry Crisp	24 25  Happy Thanksgiving	
28 Jamaican Jerky ¼ Chicken Red Beans and Rice Seasoned greens Tropical Fruit Whole Wheat Bread	29 Roasted Pork w/Sauce Peas & Carrots Mashed Sweet Potatoes w/Marshmallow Top Whole Wheat Roll Diced Pears	30 Chicken & Beef Jambalaya with Rice Steamed Baby Carrots Peach Crisp	 NOVEMBER 2016 Please call the senior center coordinator or meal manager 48 hours in advance to reserve a meal.	

Menus subject to change~

~Milk and Juice are served with every meal~