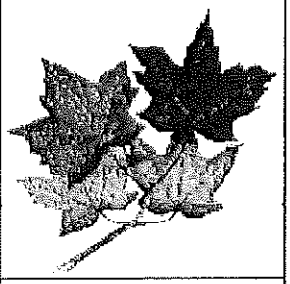
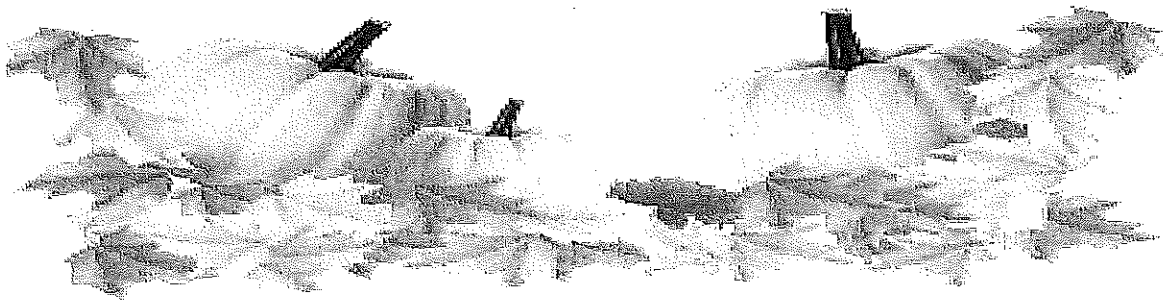
ESMV November 2015 Regular Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	**3**	**4**	**5**	**6**
Baked Salmon	Penne Pasta with	Glazed Pork Loins	Broccoli Stuffed	Cheese Ravioli in
Roasted Seasoned	Meatballs in Tomato Sauce	Scalloped Potatoes	Chicken Breast	Tomato Sauce
Potatoes	Buttered Peas	Mashed Cauliflower	Mashed Potatoes	Green Beans
Broccoli Florets	Carrots	Dinner Roll	Capri Vegetables	Oatmeal Bread
Dinner Roll	Oatmeal Bread	Sliced Peaches	Whole Wheat Dinner Roll	Seasonal Fresh Fruit
Mixed Fruit	Chocolate Chip Cookie		Lemon Cookie	
***Calories: 480**	**Calories: 524**	**Calories: 664**	**Calories: 345**	**Calories: 283**
Sodium: 204	**Sodium: 471**	**Sodium: 402**	**Sodium: 561**	**Sodium: 695**
9	**10**	**11 Veterans' Day**	**12**	**13**
Baked Pollock Fish	Beef Burgundy		Chicken w/ Lemon Sauce	Tuna Noodle Casserole
with Lemon Sauce	Sliced Red Bliss Mashed		Brown Rice	Peas
Roasted Seasoned	Potatoes		Green Beans	Carrots
Potatoes	Stewed Tomatoes w/ Zucchini		Whole Wheat Bread	Whole Wheat Bread
Broccoli Florets/Dinner Roll	Whole Wheat Bread		Pumpkin Cookie	Seasonal Fresh Fruit
Rice and Raisin Pudding	Mandarin Oranges			
Calories: 269	**Calories: 273**		**Calories: 344**	**Calories: 349**
Sodium: 177	**Sodium: 288**		**Sodium: 124**	**Sodium: 585**
16	**17**	**18**	**19 November Special**	**20**
Slice Pork Roast	Peach Glazed Chicken	Baked Ham	Roast Turkey Dinner	Meat Lasagna with
with Gravy	Scalloped Potatoes	Red Bliss Mashed Potatoes	Savory Stuffing/Giblet Gravy	Marinara Sauce
Mashed Sweet Potato	Broccoli and Cauliflower	Chef Blend Vegetables	Mashed Potatoes	Sauteed Spinach
Steamed Red Cabbage	Whole Wheat Dinner Roll	Whole Wheat Dinner Roll	Carrots and Turnip	Garlic Roll
Honey Wheat Roll	Seasonal Fresh Fruit	Sliced Pears	Corn Bread/Cranberry Sauce	Seasonal Fresh Fruit
Ginger Cookie			Apple Pie	
Calories: 406	**Calories: 590**	**Calories: 307**	**Calories: 509**	**Calories: 365**
Sodium: 440	**Sodium: 326**	****Sodium: 1524**	****Sodium: 1464**	**Sodium: 670**
23	**24**	**25 November Birthday**	**26 Thanksgiving**	**27 No Meal Served**
BBQ Chicken	Baked Trout	Meatloaf with Gravy		
Roasted Seasoned	Brown Rice	Mashed Potatoes		
Potatoes	Green Beans	Mixed Vegetables		
Sliced Carrots	Honey Wheat Roll	Natural Grain Bread		
Natural Grain Bread	Seasonal Fresh Fruit	Sliced Peaches		
Oatmeal Cookie		Birthday Cake	*Happy Thanksgiving*	
Calories: 326	**Calories: 333**	**Calories: 448**		
Sodium: 309	**Sodium: 225**	**Sodium: 560**		
30				
Pot Roast w/ Gravy				
Mashed Turnip				
Broccoli Florets				
Dinner Roll				
Seasonal Fresh Fruit				
Calories: 299				
Sodium: 355				

*** Nutrition includes entrée only; approx. mg sodium for milk: 100, bread: 150, fruit: 5, sweets: 200**

**** High sodium entrée Suggested Voluntary Donation: $2.00**

For reservations/cancellation, call (978) 686-1422 at least 24 hours in advance.