

**November Regular Menu**

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   |
|---|---|---|--|--|
| <b>31 Special:</b><br>Turkey Broccoli Casserole<br>Egg Noodles<br>Beets<br>Dinner Roll<br>Pumpkin Cookie                          | <b>1</b> Baked Fish<br>Roasted Sweet Potatoes<br>Mixed Vegetables<br>Wheat Bread<br>Yogurt                      | 2 Soup<br>Lemon Pepper Chicken<br>Brown Rice<br>Peas<br>Honey Wheat Roll<br>Sliced Pears                              | 3 Meatloaf<br>Gravy<br>Green beans<br>Mashed potatoes<br>NG Bread<br>Fresh Fruit (orange)  | <b>4</b> Stuffed shells<br>Marinara sauce<br>Spinach<br>Italian Bread<br>Mixed fruit                   |
| 7 Chicken Drumstick<br>Sweet n Sour Sauce<br>White Rice<br>Asian Blend<br>NG Bread<br>Fresh Fruit (pear)                          | <b>8</b> Alfredo Lasagna<br>Zucchini<br>Diet Gelatin<br>Italian Bread   | 9 Soup<br>Hamburger W/Cheese<br>Potato Wedges<br>Carrots<br>Hamburger Roll<br>Mandarin oranges<br>Ketchup and Mustard | <b>10 Birthday</b><br>Beef Stew with vegetables<br>Steamed Potatoes<br>Biscuit<br>Birthday Cake  | <b>11</b><br><br><p align="center"><b>Veteran's Day</b><br/><b>No Meal Service</b></p>                 |
| <b>14</b> LS Hot Dog<br>Pork Baked Beans<br>Chef's Choice Veg<br>Hot Dog Roll<br>Fresh fruit (Orange)<br>Ketchup, Mustard, Relish | <b>15</b> Chicken Bruschetta<br>Pasta<br>Broccoli<br>Pudding/Dt pudding<br>Italian Bread                        | 16 Soup<br>Vegetable and Cheese Frittata<br>Vegetable Orzo<br>Peas<br>Sliced Peaches<br>NG Bread                      | <b>17 Thanksgiving Special</b><br>Turkey with Gravy<br>Mashed Potatoes<br>Stuffing<br>Green Bean Casserole<br>Dinner Roll<br>Cranberry Sauce<br>Assorted Pie | <b>18</b> Macaroni & Cheese<br>w/Crumb Topping<br>Brussels Sprouts<br>Honey Wheat Roll<br>Sliced Pears |
| 21 Baked Chicken<br>Gravy<br>Rice Pilaf<br>Corn & Red peppers<br>NG Bread<br>Cookie/Grahams                                       | <b>22</b> Baked Ham<br>Raisin Sauce<br>Mashed Potatoes<br>Carrots<br>Dinner Roll<br>Pineapple                   | <b>23</b> Soup<br>Pasta and Meatballs<br>Marinara Sauce<br>Zucchini<br>Mandarin Oranges<br>Italian Bread              | <b>24</b><br><br><p align="center"><b>Thanksgiving</b><br/><b>Mo Meal Service</b></p>  | <b>25</b> Baked Fish<br>Sweet Potatoes<br>Cauliflower<br>Wheat Bread<br>Fresh Fruit (banana)           |
| 28 Sliced Pork<br>Gravy<br>Butternut Squash<br>Rice Pilaf<br>Wheat Bread<br>Applesauce  | 29 Shephard's Pie<br>(Ground Beef, Gravy, Mashed<br>Potatoes and Corn)<br>Italian Bread<br>Fresh Fruit (Orange) | 30 Soup<br>Chicken Cordon Blue<br>Roasted Potatoes<br>Peas<br>WW Dinner Roll<br>Mixed Fruit                           |  |  |