

## NOVEMBER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BIRTHDAY CELEBRATION</b> <b>3</b> Mongolian Meatballs (Beef/ chicken) Parsley Potatoes Broccoli WW Bread Banana Birthday Celebration	<b>4</b> Hamburger w/ Sauteed Onions Potato Salad Coleslaw White Wheat Bun Orange	<b>5</b> Pork Chile Verde Mexican Rice Zucchini & Corn Orange Mandarin	<b>6</b> Chicken Creole 51% WG Pasta Italian Vegetables Black Beans Pineapple	<b>7</b> Chili Con Carne Mixed Rice Fiesta Corn Mandarin
<b>VETERAN'S DAY CELEBRATION</b> <b>10</b> MEAT LASAGNA Spring Mix Salad Italian Blend WW Bread Orange	<b>11</b> CLOSED <b>VETERAN'S DAY HOLIDAY</b>	<b>12</b> Butter Chicken Cumin Rice Stir Fry Mix Mandarin	<b>13</b> Vegetarian Pot Pie (w/ Potatoes, Carrots, Onions, Peas) Garbanzo Stew w/ Tomato Lemon Garlic potatoes WG Bread Banana	<b>14</b> Chicken Florentine Penne Pasta Manhattan Blend Italian Lentils Pineapple
<b>17</b> Turkey à la King Mixed Veggies Butter Pasta Peaches	<b>18</b> Salisbury Steak (Beef/pork) Mashed Potatoes Brown Gravy Peas & Carrots WW Bread Mandarin	<b>19</b> Open-Faced Cubano Sandwich w/ Swiss Cheese WW Roll Sweet Potatoes Cabbage Salad Orange	<b>20</b> Curry Tilapia Coconut Mixed Rice Stir Fried Blend WW Bread Pineapple	<b>21</b> Green Goddess Chicken Salad Spring Mix (cabbage, peas, Cucumbers, Tomatoes) Creamy Goddess Dressing Provencian Chickpeas Delicious Rainbow Pasta Banana
<b>24</b> BBQ Chicken Slider Collard Greens Mixed Rice White Wheat Bun Orange	<b>25</b> Hamburger w/ Sauteed Onions/ Mushrooms BBQ Beans Coleslaw White Wheat Bun Pineapple	<b>26</b> <b>THANKSGIVING LUNCHEON</b> Roast Turkey Bread Stuffing Brown Gravy Green Beans Sweet Potatoes Cranberry Sauce Apple	<b>27</b> CLOSED FOR THANKSGIVING HOLIDAY	<b>28</b> CLOSED FOR THANKSGIVING HOLIDAY



Alternative meal choice: Soup and Salad Bar

WW = Whole Wheat  
WG = Whole Grain



Musical Entertainment



Vegetarian



Meal contains 1,000+ mg of sodium



1% milk is served daily