

NOVEMBER MENU

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