

ALL MEALS INCLUDE

1% MILK

CALL , IF EATING IN

Whole

wheat bread

Meals Served 12:00

low sodium  
gravy is used

Nov

Tuesday		Wednesday		Thursday		Friday	
1	2	3	4	5	6	7	8
Scalloped Potatoes w/ Ham Roasted Mixed Vegetables Pear Crisp  <u>Bone Builders 9:30</u>	Chicken & Broccoli Rice Casserole Garden Salad Fruit Salad  <u>Card Playing 1:00</u>	<b>MUSICIAN Jason Allen</b> Beef Stew w/ Potatoes, Carrots & Celery Beets Jello w/ Fruit Biscuit  <u>Bone Builders 9:30</u>	Stuffed Pepper Casserole w/ Ground Turkey & Brown Rice Garden Salad Fresh Fruit	9	10	11	12
8	9	10	11	12	13	14	15
Cheese & Vegetable Lasagna Garden Salad w/ Chick Peas Fruit Salad  <u>Bone Builders 9:30</u>	Shepherds Pie 3 Bean Salad Cottage Cheese Peach Crisp  <u>Card Playing 1:00</u>	<b>BIRTHDAY DINNER</b> Baked Chicken w. Gravy Mashed Sweet Potatoes Stuffing California Mix Veggies Cranberry Sauce  <u>Bone Builders 9:30</u>	Sausage, Peppers, & Onions over Buttered Noodles Garden Salad Apple	16	17	18	19
15	16	17	18	19	20	21	22
Sloppy Joes w/ Ground Chicken Home Fries Cole Slaw Fruit Salad  <u>Bone Builders 9:30</u>	Macaroni & Cheese Stewed Tomatoes Broccoli Peaches  <u>Card Playing 1:00 PM</u>	KFC Chicken Bowl- Mashed Potatoes w/ Chicken, Corn and Gravy on top. Garden Salad Fruit Muffin  <u>Bone Builders 9:30</u>	Chicken Noodle Soup w. Mixed Veggies Egg Salad Sandwich 3 Bean Salad Mandarin Oranges	23	24	25	26
22	23	24	25	26	27	28	29
Meatloaf Mashed Potatoes Gravy Carrots Fruit Crisp  <u>Bone Builders 9:30</u>	<b>THANKSGIVING DINNER</b> Turkey, Mashed Potatoes, Stuffing, Corn Casserole Pumpkin Mousse  <u>Card Playing 1:00 PM</u>	<b>CLOSED</b>	<b>CLOSED</b>	30	31	1	2
29	30	31	1	2	3	4	5
Smothered Pork Chops w/ Rice and Mixed Veggies Fresh Fruit  <u>Bone Builders 9:30</u>	Spaghetti w/ meatballs Garden Salad Pears  <u>Card Playing 1:00 PM</u>						

Menu is subject to change without notice due to product availability and Nutritionist.  
Garden Salads consist of Lettuce, Tomatoes, onion, peppers, eggs. Fruit Salad is pineapple, bananas, Strawberries, blueberries, grapes, and/or peaches, when available.