


November 2018 Monday	Congregate Meal Program Tuesday	Suggested Donation \$2.25 Wednesday	Thursday	Friday
			1) <b>Ribecue w/honey</b> Golden BBQ sauce, 1/2 baked sweet potato, cauliflower, cheddar soup, chilled fruit & wheat bread <b>Cal: 8056 Sod: 1139</b>	2) <b>Chicken Lemon Piccata w/</b> parslied rice, roasted tomatoes, fresh fruit & multi grain bread Cal: 682; Sod: 504 <b>Café: Lemon Pepper Fish, rice pilaf, glazed carrots &amp; roll</b>
5) <b>Turkey Divan w/rotini,</b> broccoli, fresh fruit & oat-meal bread Cal: 868; Sod: 677	6) <b>Lasagna w/marinara,</b> parsley garnish, garlic spinach, mixed green salad w/Italian dressing, mandarin oranges & whole wheat bread Cal: 583; Sod: 1037	7) <b>Baked Ham w/pineapple sauce,</b> potato leek soup, pearl onions & peas, crackers, oatmeal raisin cookie & whole wheat roll. Cal: 666; Sod: 1043 <b>Café: Spaghetti &amp; Meatballs w/Cesar salad &amp; garlic bread</b>	8) <b>Beef &amp; Broccoli w/fried rice,</b> mandarin blend, chilled pineapple & white bread Cal: 976; Sod: 762	9) <b>Chicken Pot Pie w/parslied</b> steamed potato, yogurt & juice & snack & loaf Cal: 848; Sod: 987 <b>Café: Meatloaf, mashed potatoes &amp; corn</b>
12) <b>Veterans Day</b> <b>Senior Center Closed</b>	13) <b>Boneless Chicken w/</b> tangy cranberry sauce, brussels sprouts, roasted sweet potato, chocolate pudding & whole wheat bread Cal: 681; Sod: 945	14) <b>Meatloaf w/gravy,</b> cheddar whipped potato, hearty veggie soup, crackers, fruit & wheat roll Cal: 796; Sod: 1084 <b>Café: Buttermilk Fried Chicken and Waffles w/coleslaw &amp; maple</b>	15) <b>Thanksgiving Special</b> Roast Turkey w/gravy, cranberry sauce, whipped potato, stuffing, butternut squash & apple pie Cal: 1040; Sod: 1398	16) <b>Bento Box w/Greek style chicken,</b> quinoa tabbouleh salad, cucumber wheels, strawberry cup & pita bread Cal: 803; Sod: 748 <b>Café: Yankee Pot Roast,</b> potatoes, onion, carrots, turnip & soft roll
19) <b>Sweet &amp; Sour Meatballs</b> w/fried rice, cabbage & carrots, pineapple & multigrain bread Cal: 758; Sod: 1013	20) <b>Travel Chef</b> <b>Brazilian BBQ</b> Beef, white rice, fresh bean sauce, beet salad & dinner roll	21) <b>Hot Dog w/mustard,</b> relish, baked beans, coleslaw, cantaloupe & hot dog roll Cal: 741; Sod: 1391 <b>Café: Patty melt w/onion rings</b>	22) <b>Happy Thanksgiving</b> 	23) <b>No Congregate meal and No Café today</b>
26) <b>Braised Pork w/apples &amp;</b> onions, roasted sweet potato, brussel sprouts, apple spice cake & rye bread Cal: 762; Sod: 954	27) <b>Baked Haddock w/lemon</b> wedge, buttered bliss potato, broccoli, Jello & oatmeal bread Cal: 610; Sod: 618	28) <b>Oven Fried Chicken w/southern</b> greens, mac & cheese, mandarin oranges & white bread Cal: 815; Sod: 1215 <b>Café: Italian Submarine</b> <b>Sandwich, potato chips &amp; pickle</b>	29) <b>Salisbury Steak w/gravy,</b> mashed potatoes, mixed vegetables, raisins & dinner roll Cal: 681; Sod: 878	30) <b>Stuffed Pepper w/rustic to-</b> mato sauce, au gratin potato, mushroom soup, fruit, snack & loaf. Cal: 923; Sod: 1107 <b>Café: Quiche Lorraine w/fresh garden salad</b>