


November 2019 Monday	Congregate Meal Program Tuesday	Suggested Donation \$2.25 Wednesday	Thursday	Friday
				1) Chicken Tenders w/honey mustard, sweet potato wedges, red cabbage, chilled fruit & oatmeal bread Cal: 741; Sod: 761
4) Chicken Mirabella w/rice Florentine, carrots, mandarin oranges & snack n loaf Cal: 897; Sod: 654	5) Stuffed Shells w/marinara sauce, broccoli, spinach salad w/dressing, fresh fruit & Vienna bread Cal: 569; Sod: 902	6) Ribecue w/BBQ sauce, rustic cut potatoes, corn, pineapple & hearty wheat bread Cal: 646; Sod: 1116	7) Dijon Crusted Pork w/red cabbage, roasted sweet potato, blondie & rye bread Cal: 1172; Sod: 1020	8) Sloppy Joe w/green beans, mashed potatoes, yogurt & juice & whole wheat burger roll Cal: 765; Sod: 758
11) Veterans Day Senior Center	12) Meatball Chicken Sub w/marinara, sweet potato fries, broccoli, chocolate mousse & sub roll Cal: 813; Sod: 1144	13) Chicken Scampi w/rotini, garlic spinach, cantaloupe & oatmeal bread Cal: 636; Sod: 835	14) Beef Burgundy w/whipped potato, green beans, chocolate chip cookie & hearty white bread Cal: 696; Sod: 872	15) Asian BBQ Pork w/vegetable lo mein, mandarin vegetables, pineapple & whole wheat roll Cal: 678; Sod: 817
18) Meatloaf w/gravy, cheddar whipped potato, mixed vegetables, chilled peaches & whole wheat roll Cal: 677; Sod: 818	19) New England Traditional —Clam chowder with oyster crackers, roast turkey sandwich, cranberry mayo, lettuce leaf & tomato, kaiser roll, Boston baked beans & whoopie pie.	20) Lasagna w/marinara, roasted cauliflower, applesauce, & oatmeal bread Cal: 533; Sod: 815	21) Thanksgiving Special Turkey w/gravy & whipped potatoes, stuffing, butternut squash & pumpkin square Cal: 620; Sod: 861	22) Potato Pollock w/red bliss potato, broccoli, fresh fruit & snack n loaf Cal: 838; Sod: 739
25) Sweet & Sour Meatballs w/fried rice, cabbage & carrots, yogurt & juice multigrain bread Cal: 720; Sod: 976	26) Yankee Pot Roast w/gravy, golden mashed potatoes, zucchini w/tomatoes & onions, banana tea cake & dinner roll Cal: 710; Sod: 698	27) Pulled Pork w/BBQ sauce, roasted sweet potato, corn, cantaloupe & hamburger roll Cal: 930; Sod: 977	28) Happy Thanksgiving 	29) Office Open No activities