

November 2021

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Beef w/ Mushroom Gravy Garlic Whipped Potatoes California Vegetables Dinner Roll Fruit Cup	2 Garlic Rosemary Chicken Mixed Beans Turnip Greens Wheat Bread Fresh Fruit	3 Cheesy Beef Casserole Glazed Carrots Brussels Sprouts Dinner Roll Fruit Cup	4 Tuna Mac Salad Coleslaw Green Pea Salad Saltine Crackers Fresh Fruit	5 Cheese Omelet Grits Spinach Biscuit Fresh Fruit
8 Parmesan Chicken Penne & Tomatoes Italian Vegetables Dinner Roll Fruit Cup	9 Beef and Bean Chili Whole Kernel Corn Green Beans Saltine Crackers Fresh Fruit	10 BBQ Rib Patty Butter Beans Summer Vegetables Dinner Roll Fresh Fruit	11 Centers Closed 	12 Hamburger Patty Baked Beans Sliced Tomato Lettuce Hamburger Bun Mixed Fruit Cobbler
15 Turkey Ham & White Beans Buttered Rice Spring Vegetables Dinner Roll Fruit Cup	16 Chicken Taco Meat Pinto Beans Lettuce/ Tomato/Cheese Flour Tortilla Fresh Fruit	17 Chopped Steak/Gravy Twice Whipped Potatoes Mixed Greens Wheat Bread Fresh Fruit	18 Chicken Gumbo Yellow Rice Garden Vegetables Cornbread Fresh Fruit	19 Italian Mac & Beef Green Beans Tossed Salad Dinner Roll Hot Spiced Apples
22 Creole Steak Delmonico Potatoes Mixed Vegetables Dinner Roll Fruit Cup	23 Chicken Tetrizzini Whole Kernel Corn Green Beans Wheat Bread Fresh Fruit	24 Turkey w/ Gravy Cornbread Dressing Glazed Carrots Cherry Fruited Gelatin Cranberry Sauce	25 Centers Closed 	26 Centers Closed 
29 Beef w/ Mushroom Gravy Garlic Whipped Potatoes California Vegetables Dinner Roll Fruit Cup	30 Garlic Rosemary Chicken Mixed Beans Turnip Greens Wheat Bread Fresh Fruit			Low Fat Milk Available With Each Meal

Menu Approved by: Registered Dietitian Dana Gardner and may be subject to change.