November 2021

Lunch Menu

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

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