

3 High Fiber Breads Each
Week

Senior Citizen Menu

Bread, Milk, and Butter served
with Each Meal

All Menu items
subject to change

November 2016

Mon	Tue	Wed	Thu	Fri
	¹ Stuffed Pepper Beets Multi-Grain Bread Fruit	² Veggie Burger on a Roll Baked Fries Broccoli Pudding	³ Broccoli + Cheese Stuffed Chicken Breast Brown Rice Green Beans Cookie	⁴ Greek-Style Haddock Red Potato Mixed Vegetables Fruit
⁷ Chicken Pesto Rice Butternut Squash Fruit	⁸ All American Burger w/ Roasted Red Peppers Curly Fries Kernel Corn Blue Fruited Jello	⁹ Lasagna Italian Green Beans Garlic Bread Pudding	¹⁰ Pot Roast w/ Gravy Baked Potato Carrots Cake w/ Frosting	¹¹ Closed Veterans Day
¹⁴ Low Salt Hot Dog on a Roll Baked Beans Hot Cabbage Fruit	¹⁵ Chicken Tenders w/ Sweet Sour Sauce Jasmine Rice Vegetable Du Jour Pudding	¹⁶ Egg Salad on Wheat Hash Brown 3 Bean Salad Fruit	¹⁷ Roast Turkey, Stuffing, Gravy, Mashed Potatoes Green Peas Cranberry Sauce Homemade Roll Pumpkin Square	¹⁸ Pizza Green Beans Fruit
²¹ Calzone Du Jour Mixed Vegetables Fruit	²² Omelet Hash Brown Stewed Tomatoes Pudding	²³ No Congregate	²⁴ Closed Thanksgiving Recess	²⁵ Closed Thanksgiving Recess
²⁸ Stuffed Cabbage Beets Garlic Bread Fruit	²⁹ Grilled Chicken Breast Scalloped Potatoes Mixed Vegetables Pudding	³⁰ Minestrone Soup with Pasta Tuna Melt on an English Muffin Fruit		