

Nov. 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Chicken Tenders 4oz	Tuna Salad Sandwich on WW Bread	Hawaiian Chicken 4 oz	Meatloaf 4oz
	Tater Tots 4oz	Hard Boiled Egg	Parslied Potatoes 1/2 Cup	Mashed Potatoes 1/2 Cup
	Succotash 1 Cup	Celery and Carrots 1/2 Cup	Green Beans 1/2 cup	Gravy 1/4 Cup WW Roll
	Fruit Cocktail 4oz	Banana	WW Roll/ Fruit Cocktail 1/2 Cup	Broccoli 1/2 Cup/ Apple
7	8	9	10	11
Beefaroni 1cup	CLOSED	Fish Sandwich 4oz	Baked Ham 4oz	CLOSED
Spinach 1 Cup		Black Beans and Rice 1/2 Cup	Scalloped Potatoes 1/2 Cup	
Corn Bread		Peas and Carrots 1/2 Cup	WW Roll Asparagus 1/2 Cup	
Applesauce 1/2 Cup		Banana	Orange	
13	14	15	CHEFS CHOICE 16	17
Battered Fish 3oz	Turkey and Swiss Sandwich	Chili with Meat 1 cup		Salisbury Steak 4oz Gravy 4oz
Hushpuppies 2, Potato Wedges 5-6	Beets 1/2 Cup	Cornbread 4oz		Mashed Potatoes 1/2 Cup
Mixed Vegetables 1/2 Cup	Coleslaw 1/2 Cup	Corn 1 Cup		Carrots 1/2 Cup WW Roll
Orange	Banana	Spiced Peaches 4oz		Apple
21	22	23	THANKSGIVING CLOSED	CLOSED
Sweedish Meatballs 4oz Gravy 1/2 Cup	Tuna Salad Sandwich 4oz	Roasted Turkey 4oz Gravy 1/4 Cup		
Egg Noodles 1/2 Cup	Cucumber Tomato Salad 1/2 Cup	Stuffing 1/2 Cup Mashed Potatoes 1/2 Cup		
Collard Greens 1 Cup	Yogurt 4oz	Green Bean Casserole/WW Roll		
Orange	Banana	Canberry Sauce 1/2 Cup/ Pumpkin Pie		
28	29	30		
Chicken Sandwich 3oz WW Bun	Chef Salad 1 Cup 1/2 Boiled Egg	2 Beef Soft Tacos		
French Fries 1/2 Cup	Macaroni Salad 1/2 Cup	Spansh Rice 1/2 Cup		
Green Beans 1/2 Cup	Cottage Cheese 1/2 Cup	Corn 1 Cup		
Applesauce 1/2 Cup	Orange	Fruit Cocktail 1/2 Cup		

Suggested Donation for Seniors: \$2.00

Donation for Seniors: \$5.25 required