

SENIOR LUNCH MENU

November 2016



Explore New Foods and Flavors

Add more nutrition and eating pleasure by expanding your range of food choices. When shopping, make a point of selecting a fruit, vegetable or whole grain that's new to you or your family. Try different versions of familiar foods like blue potatoes, red leaf lettuce or basmati rice.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Tuna & Cheese Lasagna, Tossed Salad w/dressing, Sliced Peaches, Brownie	2 Sliced Roast Beef w/Aujus, Parslied Noodles, Sweet & Sour Cabbage. Fruit Cobbler	3 Maple Glazed Pork Chop, Baked Potato, Broccoli, Peanut B. Cookie	4 Crispy Potato Chicken, Baked Beans, Zucchini & Tomatoes, Hawaiian cup	5
6 	7 Teriyaki Chicken, Brown Rice, Corn O'Brien, Sliced Peaches, Birthday Cake	8 Salisbury Steak, Mashed Potatoes, Gravy, Cheesy Broccoli & Cauliflower, Fruit Cocktail, Chocolate Chip	9 Spaghetti Noodles, Italian Meat sauce, Tossed Salad w/dressing, Fruit Trifle	10 Breaded Pork Chop w/gravy, Blackeye peas, Green Beans, Mandarin bananas,	11 Turkey Croquette, Macaroni & Cheese, Calico Coleslaw, Peanut B Cookie	12
13	14 Chopped Steak/ gravy, Mashed Potatoes, Peas & Mushrooms, Berry Cup	15 Veggie Lasagna, Caesar Salad w/dressing, Fresh Fruit.	16 Beefy King Ranch Casserole, Rice Pilaf, Carrot Coins, Rosy Pears	17 Stuffed Peppers, Vegetable Medley, Peach Cobbler	18 Honey Glazed Turkey, Whipped Sweet Potatoes, Green Beans, Pineapple Trifle	19
20	21 Encrusted Pork Loin with Aujus, Soft Pinto Beans, Cheesy Broccoli, Fruit/Cake	22 Chicken Rice Casserole, Corn O'Brien, Fresh Baby carrots, Sliced Peaches	23 Meatloaf, Fresh Mashed Potatoes / gravy, Cheesy Spinach, Fresh Fruit, Rice Crunchie Treat	24 CENTER CLOSED	25 CENTER CLOSED	26
27	28 Lemon Pepper Chicken w/gravy, Cheesy Spinach, Corn O'Brien, Fruit Trifle	29 BBQ Beef Plater, Baked Beans, Zucchini Casserole, Fruit Cobbler, Cornbread	30 Sliced Turkey w/ gravy, Rice Pilaf, Seasoned Greens, Fruit Salad, Peanut Butter Cookie			

All meals are served with a choice of Skim Milk & or 2 % and Dinner Roll