

November

2022

Lighter Fare Meals

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Mediterranean Chicken Pita Tomato, Onion, & Olive Salad Orange	2 Spring Turkey Salad Dinner Roll Pineapple	3 Turkey BLT Bagel Coleslaw Fruit Salad	4 Beef & Blue Cheese Salad Dinner Roll Pineapple
7 Turkey Club Wrap Broccoli Salad Apple Slices	8 Roast Beef Club Sandwich Four Bean Salad Orange	9 BBQ Chicken Salad Dinner Roll Fruit Salad	10 Cranberry Turkey Salad Sandwich Lentil Salad Orange	11 Mediterranean Chicken Salad Dinner Roll Pineapple
14 Deli Sandwich Four Bean Salad Melon	15 Turkey Cobb Salad Dinner Roll Banana	16 Turkey Coleslaw Pita Potato Salad Fruit Salad	17 Antipasto Salad Dinner Roll Banana	18 Smoked Turkey & Cheddar Sandwich Beet, Cucumber, & Onion Salad Orange
21 Harvest Chicken Salad Dinner Roll Melon	22 Roast Beef & Cheddar Sandwich Broccoli Salad Pear	23 Mediterranean Chicken Pita Tomato, Onion, & Olive Salad Orange	24 CLOSED	25 CLOSED
28 Beef & Blue Cheese Salad Dinner Roll Pineapple	29 Turkey Club Wrap Broccoli Salad Apple Slices	30 Roast Beef Club Sandwich Four Bean Salad Orange	<p>*TO ORDER, PLEASE CALL YOUR CENTER TO RESERVE YOUR MEAL* *THE SUGGESTED DONATION FOR A MEAL IS \$2*</p>	

November

2022

Frozen Meals

Monday	Tuesday	Wednesday	Thursday	Friday
Baked Chicken Red Potatoes Mixed Vegetables Pear	1 Swiss Steak Mashed Potatoes Peas & Carrots Applesauce	2 Turkey Meatballs Italian Veggie. Blend Penne Orange	3 Cheese Omelet & Turkey Sausage Breakfast Potatoes Orange	4 Breaded Haddock Garlic Herb Mashed Potatoes Broccoli Applesauce
7 Meatloaf Mashed Potatoes Peas Pear	8 Pulled Pork Green Beans Mac & Cheese Orange	9 Lemon Butter Chicken Carrots & Peas Rice Pilaf Orange	10 Turkey with Gravy Mashed Potatoes Mixed Veggies Apple	11 Cheese Ravioli Broccoli Carrots Applesauce
14 Meatball w/ Tomato Sauce Broccoli & Carrots Penne Apple	15 Sweet & Sour Chicken Stir Fried Veggies Brown Rice Orange	16 Roast Turkey Mashed Potatoes Green Beans Pear	17 Salisbury Steak w/ Gravy Mashed Potatoes Peas Apple	18 Cheese Tortellini Brussel Sprouts Applesauce
21 Chicken Alfredo Garlic Broccoli Pear	22 Scrambled Eggs & Turkey Sausage Breakfast Potatoes Orange	23 Honey Mustard Chicken Broccoli Noodles Apple	24 BBQ Meatballs Mashed Potatoes Green Beans Applesauce	25 Italian Breaded Haddock Zucchini & Tomatoes Penne Pear
28 Baked Chicken Red Potatoes Mixed Vegetables Pear	29 Swiss Steak Mashed Potatoes Peas & Carrots Applesauce	30 Turkey Meatballs Italian Veggie. Blend Penne Orange	*TO ORDER, PLEASE CALL YOUR CENTER TO RESERVE YOUR MEAL* *THE SUGGESTED DONATION FOR A MEAL IS \$2*	