



November 2019

Senior Nutrition Program Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Honey Chipotle Meatballs Whole Grain Bread Cauliflower Mash Carrot Raisin Salad C1-Cream of Corn Soup C2-Cranberry Juice Fresh Honeydew
4 BBQ Pulled Pork Sandwich French Roll Steamed Spinach Coleslaw C1-Potato Soup/Pear C2-Cherry Gelatin/Apple Juice	5 Baked Turkey Stuffing Mashed Potatoes Broccoli Salad Cinnamon Sliced Peaches	6 Chicken Fajitas Spanish Rice & Flour Tortilla Roasted Corn Medley Cucumber Salad Fresh Apple Orange Juice	7 Spaghetti & Meat Sauce Garlic Green Beans Fresh Garden Salad Whole Orange	8 Chicken w/Marsala Sauce Dinner Roll Steamed Zucchini Baked Winter Squash Fresh Cantaloupe
11 Veterans Holiday	12 Grilled Chicken Breast Corn Bread Seasoned Carrot Coins Cole Slaw Fresh Pear	13 Beef Meatloaf Whole Grain Couscous Steamed Cauliflower French Cut Green Beans Banana	14 Turkey A La King Whole Grain Bread Mashed Potatoes C1-Salad Bar C2-Spring Mix Salad w/Radishes Peaches	15 Pork Lo Mein Whole Grain Lo Mein Noodle Garlic Bok Choy Sauteed Edamame Beans Baked Apple
18 Mojo Chicken Whole Grain Corn Muffin Pinto Beans Sweet Plantains Fresh Cantaloupe	19 Pork Adobo Whole Grain Roll Zucchini Medley C1-Salad Bar C2-Green Salad Chocolate Chip Cookie Orange Juice	20 Turkey Burger Leafy Green Lettuce Peas Fresh Sweet Potatoes Minestrone Soup C2-Apple Juice Fresh Pear	21 Teriyaki Beef Brown Rice Green Cabbage Slaw Steamed Broccoli Mandarins	22 Chicken Cacciatore Couscous Italian Blend Vegetables Kale & Spinach Salad w/Corn Fresh Banana
25 Oven Roast Beef in Gravy Whole Grain Dinner Roll Mashed Potatoes Steamed Peas Fresh Orange	26 Lemon Dijon Chicken Pasta w/Herbs Baked Winter Squash Coleslaw Peaches & Pineapple Fruit Cup	27 Senior Birthday Recognition  Beef Stew Whole Grain Biscuit Beet Salad Baked Apple Orange Juice	28 	29 Thanksgiving Holiday