

HOT MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Meatball Hoagie  Roasted Potato Wedges Broccoli Whole Wheat Bun Pound Cake	Pork and Sauerkraut  Mashed Potatoes Green Beans Whole Grain Dinner Roll Cinnamon Applesauce	Breaded Fish  Coleslaw  Macaroni and Cheese Cottage Cheese and Fruit	BBQ Turkey  Roasted Sweet Potatoes Green Beans Cornbread Chocolate Pudding
7	8	9	10	11
Beef Pot Pie  Mashed Potatoes Peas and Pearl Onions Whole Grain Biscuit Fresh Grapes	Scrambled Eggs, Sausage  Breakfast Potatoes Peppers and Onions Whole Grain Bread Fresh Orange	Beef Sloppy Joe  Potato Wedges Butternut Squash Soup Whole Wheat Bun Jello	Sweet and Sour Pork  Asian Vegetable Blend  Lo Mein Noodles Mandarin Oranges	VETERANS DAY  HOLIDAY
14	15	16	17	18
Chicken Fingers w/Honey Mustard  Scandinavian Veg Blend Spinach Salad Whole Grain Dinner Roll Brownie	Smothered Pork  Boiled New Potatoes Brussels Sprouts Whole Grain Dinner Roll Rice Pudding	Swedish Meatballs  Mixed Vegetables WG Buttered Noodles Fresh Melon	Lemon Pepper Fish  Scalloped Potatoes Broccoli Whole Grain Dinner Roll Fruit Cobbler	Chicken Parmesan  Italian Vegetable Blend  WG Penne w/Sauce Fresh Orange
21	22	23	24	25
Cheeseburger Macaroni  Winter Vegetable Blend LS Tomato Soup WG Macaroni Oreo Pudding	Roast Turkey and Gravy  Mashed Sweet Potatoes Green Beans Bread Stuffing Pumpkin Mousse	Cheeseburger  Roasted Potato Wedges Broccoli and Cauliflower Whole Wheat Bun Chocolate Chip Cookie	THANKSGIVING DAY  HOLIDAY  NO MEALS	BLACK FRIDAY HOLIDAY  CENTER CLOSED  NO MEALS
28	29	30	<b>NOVEMBER 2022</b>	
Beef Patty with Gravy  Mashed Potatoes Peas and Carrots Whole Grain Dinner Roll Rice Pudding	Honey Mustard Chicken  Cauliflower and Peas  Br Rice Pilaf Peaches	Meatball Hoagie  Roasted Potato Wedges Broccoli Whole Wheat Bun Pound Cake		

LITE FARE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Mediterranean Chicken Pita Tomato Onion Olive Salad Pita Bread Fresh Orange	Spring Turkey Salad Salad Vegetables WW Dinner Roll Pineapple	Turkey BLT Bagel Coleslaw Bagel Fresh Fruit Salad	Beef & Blue Cheese Salad Salad Vegetables WW Dinner Roll Pineapple
7	8	9	10	11
Turkey Club Wrap Broccoli Salad Whole Wheat Tortilla Fresh Apple Slices	Roast Beef Club Sandwich Four Bean Salad Club Roll Fresh Orange	BBQ Chicken Salad Salad Vegetables WW Dinner Roll Fresh Fruit Salad	Cranberry Tky Salad Sandwich Lentil Salad WW Sandwich Roll Fresh Orange	Mediterranean Chicken Salad Salad Vegetables WW Dinner Roll Pineapple
14	15	16	17	18
Deli Sandwich Four Bean Salad WW Roll Fresh Melon	Turkey Cobb Salad Salad Vegetables WW Dinner Roll Fresh Banana	Turkey Coleslaw Pita Potato Salad Whole Wheat Pita Fresh Fruit Salad	Antipasto Salad Salad Vegetables WW Dinner Roll Fresh Banana	Smoked Turkey & Cheddar Sandwich Beet Cucumber Onion Salad Pretzel Roll Fresh Orange
21	22	23	24	25
Harvest Chicken Salad Salad Vegetables WW Dinner Roll Fresh Melon	Roast Beef & Cheddar Sandwich Broccoli Salad WW Sandwich Roll Fresh Pear	Mediterranean Chicken Pita Tomato Onion Olive Salad Pita Bread Fresh Orange	THANKSGIVING DAY HOLIDAY NO MEALS	BLACK FRIDAY OBSERVED CENTER CLOSED NO MEALS
28	29	30	<b>NOVEMBER 2022</b>	
Beef & Blue Cheese Salad Salad Vegetables WW Dinner Roll Pineapple	Turkey Club Wrap Broccoli Salad Whole Wheat Tortilla Fresh Apple Slices	Roast Beef Club Sandwich Four Bean Salad Club Roll Fresh Orange		