



Congregate November Meal Menu 2017

MENU SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Grilled Chicken Fillets in Broth Parsley Potatoes California Vegetable Blend WG Sweet Roll Margarine Diced Peaches Milk	2 Flamed-Broiled Beef Brussels Sprouts Maple Glazed Sweet Potatoes Multi-Grain Roll Golden Apple Margarine Milk	3 Baked Macaroni & Cheese Stewed Tomatoes Steamed Broccoli Potato Roll Fresh Orange Margarine Milk
6 Baked Ham w/Pineapples Mashed Sweet Potatoes Green Beans WG Corn Bread Margarine Diced Pears Milk	7 Meatballs In Spaghetti Sauce Tortellini Pasta Italian Vegetable Blend Garlic Bread Sliced Peaches Margarine Milk	8 New Orleans Chicken Stir-Fry Vegetable Blend Fried Brown Rice Whole Grain Flatbread Fresh Banana Margarine Milk	9 Salisbury Steak in Broth Parsley Potatoes Mixed Vegetables Wheat Roll Fruit Cocktail Margarine Milk	10 Holiday  Veteran's Day
13 Meatloaf With Tomato Sauce Lima Beans Winter Blend Vegetables Corn Muffin Mandarin Oranges Margarine Milk	14 Spice Orange Ginger Chicken Steamed Broccoli Cauliflower Florets WG Dinner Roll Margarine Fresh Apple Milk	15 Pepper Steak in Brown Gravy Oriental Vegetable Sauce Brown Rice Nantucket Vegetable Blend Fresh Fruit Salad Potato Roll Milk	HAPPY BIRTHDAY 16 Stuffed Chix w/Ham & Cheese Veggie Blend Corn & Beans Broccoli Casserole Wheat Berry Roll Margarine Birthday Cake Fresh Orange Milk	17 Beef Stew w/Vegetables Tossed Salad w/Tomatoes Salad Dressing pk Buttermilk Biscuit w/Honey Margarine Diced Fruit Mixed Milk
20 Bean Soup w/ Smoked Ham Baby Carrots Stewed Tomatoes and Zucchini Mandarin Oranges Salad Dressing pk Corn Muffin Margarine Milk	THANKSGIVING DINNER Turkey W/Gravy Mashed Potatoes Scandinavian Vegetable Blend Stuffing & Cranberry Sauce Wheat Roll Pecan Pie Margarine Milk 	22 Fried Chicken Steamed Green Beans Glazed Baby Carrots Wheat Roll Margarine Papaya Fruit Salad Milk	23 Holiday 	24 Closed Holiday
27 Grilled Pork Patty Steamed Asparagus Prince Charles Vegetable Blend WG Honey Wheat Roll Margarine Fresh Pear Milk	28 Chili W/Ground Beef Tossed Salad w/Tomatoes Sliced Carrots Corn Baked & Croutons Strawberry Applesauce Salad Dressing Pk Milk	29 Breaded Turkey Cutlet Roasted Potato Medley Northwest Vegetable Blend Cracked Wheat Roll Fresh Red Grapes Margarine Milk	30 Pub Burger w/Cheese Lettuce and tomato slices Potato Salad Baked Beans Whole Wheat Bun Fresh Apple Milk	