

November 2022

Choice: **Baked Potato**

Meal delivery
cancellations due
by: **9:00 a.m.**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Modified Diet Choices Cardiac Diabetic Diverticulitis Texture Choices Regular Chopped Pureed Milk Choices Skim 2% Chocolate</p>	<p>Nov. 1 Bratwurst over Sauerkraut Potato Cakes Blushing Applesauce Large Hot Dog Rice Pudding Cup</p>	<p>Nov. 2 CHOICE Meatloaf with Gravy Mashed Potatoes with Gravy Green Beans with Onion Fresh Banana Animal Crackers Wheat Bread with Margarine Lemon Meringue Pie</p>	<p>Nov. 3 Cheesy Chicken Taco Soup Sliced Carrots Warm Dinner Roll with Margarine Fresh Apple Tossed Salad with Ranch Dressing Crackers</p>	<p>Nov. 4 CHOICE Breaded Fish Rice Pilaf Stewed Tomatoes Peaches Dixie's Coleslaw Hamburger Bun Tartar Sauce Yellow Cake with Icing</p>
<p>Nov. 7 Swedish Meatballs over Rotini Pasta Maple Dill Carrots Zucchini Grape Juice Wheat Bread with Margarine</p>	<p>Nov. 8 Bacon, Egg, & Cheese Scramble Normandy Blend Vegetables Mixed Greens Pears Wheat Bread with Margarine Apple Streusel Bread</p>	<p>Nov. 9 CHOICE Chicken & Noodles over Mashed Potatoes Warm Apples Warm Dinner Roll with Margarine Tossed Salad with French Dressing Red Velvet Cookie</p>	<p>Nov. 10 Pot Roast with Carrots & Potatoes Onion Seasoned Green Beans Yellow Squash Strawberry Applesauce Cup Biscuit with Margarine Cheesecake with Cherry Topping</p>	<p>Nov. 11 CHOICE Macaroni & Cheese Buttered Green Peas Cauliflower Fresh Orange Wheat Bread with Margarine Carrot Cake</p>
<p>Nov. 14 Breaded Pork Chop with Gravy Mashed Potatoes & Gravy Green Bean Casserole Fruit Cocktail Wheat Bread with Margarine Chocolate Chip Muffin</p>	<p>Nov. 15 Cheese Tortellini & Pesto with Grilled Chicken Mixed Vegetables Diced Beets Apricots Hamburger Bun Sugar Cookie</p>	<p>Nov. 16 CHOICE Asian Beef & Broccoli over Brown Rice Midori Blend Vegetables Coined Carrots Tropical Fruit Wheat Bread with Margarine</p>	<p>Nov. 17 Salad: Lettuce, Ham, Pepperoni, Cheese, Green Pepper, Olives, Mushrooms, Tomatoes, Carrots, Banana Peppers w/ Italian Dressing Fresh Pear Garlic Biscuit Brownie Crackers</p>	<p>Nov. 18 CHOICE Cheese Omelet with Sausage Bites Home Fry Seasoned Diced Potatoes Spinach Orange Juice Biscuit with Margarine and Apple Butter</p>
<p>Nov. 21 Grilled Chicken with Red Sauce and Cheese over Spanish Rice Corn & Black Beans Steamed Broccoli Peaches Vanilla Pudding Wheat Bread with Margarine</p>	<p>Nov. 22 Ham Salad over Shredded Lettuce Potato Salad Chilled Fruit Cocktail Hamburger Bun Peanut Butter Cookie</p>	<p>Nov. 23 CHOICE Roast Turkey over Stuffing & Gravy Mashed Potatoes & Gravy Onion Seasoned Green Beans Apples & Cranberries Dinner Roll with Margarine Pumpkin Pie with Whipped Topping</p>	<p>Nov. 24 CLOSED HAPPY THANKSGIVING PLEASE USE HOLIDAY MEAL</p>	<p>Nov. 25 CHOICE CLOSED HAPPY THANKSGIVING PLEASE USE HOLIDAY MEAL</p>
<p>Nov. 28 Bacon Cheeseburger with Pickle & Onions Ranch Potato Wedges Caribbean Blend Vegetables Pears Hamburger Bun Chocolate Pudding</p>	<p>Nov. 29 Chicken Cordon Bleu Cheesy Mashed Potatoes Malibu Blend Vegetables Mandarin Oranges Wheat Bread with Margarine Graham Crackers</p>	<p>Nov. 30 CHOICE Chicken, Broccoli, Rice Casserole French Green Beans Warm Cinnamon Pears Tossed Salad with Ranch Dressing Apple Streusel Bread</p>		

Choice of Entrée - You must have the choice slip from your newsletter turned in by the date specified. If the choice slip is not turned in, you will receive the first item on that date.

CONGREGATE SITE RESERVATIONS received the same day may not always be served what is on the menu. Please call one week in advance.

VOLUNTARY CONTRIBUTIONS FOR PERSONS AGED 60 & OLDER. THOSE UNDER AGE 60: THE CHARGE IS \$8.75 PER MEAL.

2020 Nutrition Programs are funded by: Title-III of the Older Americans Act via C.O.A.A.A., MOW Senior Services Levy, Client & Community Donations, and Agency Fundraising.

YOUR REGULAR, GENEROUS DONATIONS ARE GREATLY APPRECIATED. Participants over age 60 will not be denied Title-III funded meals due to their inability to contribute as long as funding lasts.