

MON

TUE

WED

THU

FRI

SAT

SUN



# November



1

Breaded Fish w/  
Tartar Sauce, Baked  
Yam, Pineapple/  
Mango, Cilantro Brown  
Rice

2

3

4

Chicken Divan, Green  
Beans, Spinach Salad  
w/ Mandarin Orange,  
Peach or Pear, Brown  
Rice, Yellow Cake w/  
Whip

5

Meatloaf, Mashed  
Potatoes, Romaine &  
Iceberg w/ Cucumber,  
Pineapple & Mango,  
WG Bread

6

Chicken Parmesan,  
Cream of Mushroom  
Soup, Winter Squash,  
Broccoli Slaw, Banana,  
WG Spaghetti,  
Sourdough Bread

7

Stuffed Bell Pepper,  
Carrots, Mesclun  
Salad, Cantaloupe or  
Tangerine, WG  
Bread/Roll

8

Vegetarian Lasagna,  
Cauliflower & Peas,  
Caesar Salad,  
Mandarin Orange, WG  
Bread/ Roll

9

10

11

**CLOSED FOR  
HOLIDAY**

12

Chicken a la Trio,  
Butternut Squash  
Soup, Spinach Salad  
w/ Mushrooms,  
Banana, WG  
Bread/Roll

13

Mexican Beef Stew,  
Black Beans, Lettuce &  
Tomato Salad, Kiwi,  
Spanish Brown Rice,  
Flour Tortilla, Sugar  
Cookie

14

BBQ Pulled Pork,  
Chicken Cilantro Soup,  
Potato Wedges,  
Coleslaw, Pear or  
Strawberries, WG Bun

15

Breaded Fish w/  
Tartar Sauce , Baked  
Yams, Romaine Salad,  
Cantaloupe, WG  
Bread/ Roll

16

17

18

Oven Baked Chicken,  
Green Beans,  
Coleslaw, Banana, Wg  
Bread/ Roll, Chocolate  
Pudding

19

Beef Chop Suey,  
Broccoli, Beet &  
Mandarin Salad,  
Applesauce, Brown  
Rice

20

Chicken Alfredo, Veg  
Soup, Brussels  
Sprouts, Mesclun  
Salad w/ Celery, Fresh  
Fruit, Penne Pasta,  
Sourdough Bread

21

Beef Fajitas, Pinto  
Beans, Spinach Salad  
w/ Radish, Fresh  
Orange, Brown Rice

22

Tuna Sandwich, Split  
Pea Soup, Carrot  
Raisin Salad, Lettuce &  
Tomato Slice,  
Pineapple & Mango,  
WG Bread

23

24

25

Beef Strips w/  
Mushroom Sauce,  
Steamed Spinach,  
Green Salad w/  
Tomatoes & Peppers,  
Strawberries, WG  
Pasta

26

Lemon Pepper  
Chicken, Cauliflower,  
Marinated Cucumber  
Salad, Banana, WG  
Bread Roll, Oatmeal  
Cookie

27

Sliced Turkey w/ Gravy  
& Stuffing, Green Beans  
Almandine, Jellied  
Cranberry Salad, Fresh  
Sweet Potato, Orange  
or Tangerine,  
Cornbread, Stuffing,  
Pumpkin Tart

28

**Happy  
Thanksgiving**

29

**CLOSED FOR  
HOLIDAY**

30



NOVEMBER - 2024

\*All menu items are subject to change.\*