





NOVEMBER 2016 MENUS

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|---|---|
| 1 | 2 | 3 | 4 | |
|  | Ham & Bean Soup Corn Bread Carrots Strawberries & Bananas OJ | Turkey Roast Sweet Potatoes Green Beans Pumpkin Custard | Beef Stew Coleslaw Crunchy Cranberry Salad WW Roll Plums | Crab Cake Roasted Potatoes Creamed Peas Bananas & Oranges Grape Juice |
| 7 | 8 | 9 | 10 | 11 |
| Chicken Rice Broccoli Casserole Tossed Salad Garlic Bread Hot Fruit Compote OJ | Pork Loin Baked Potato Cooked Cabbage & Onions Cook's Fruit Bar Tomato Juice | COOK'S CHOICE | Baked Chicken Mashed Potatoes w/ Gravy Cranberry Brussel Sprouts Cinnamon Applesauce | Beef & Noodles Stewed Tomatoes Broccoli Raisin Salad Peach Crisp |
| 14 | 15 | 16 | 17 | 18 |
| Swedish Meatballs Baked Potato w/ Sour Cream Harvard Beets Mixed Fruit | Turkey Noodle Casserole Garden Beans Hot Fruit Compote WW Roll Tomato Juice | Taco Soup -or- White Chili Tortilla Chips Lettuce Salad Applesauce Jello | Scalloped Potatoes & Ham Broccoli Cranberry Pear Crisp OJ | Crunchy Baked Fish Tartar Sauce Sweet Potato Creamed Peas Orange/Banana/Pineapple Tomato Juice |
| 21 | 22 | 23 | 24 | 25 |
|  Meat Loaf Boiled Potatoes Spinach Au Gratin Strawberries Angel Food Cake | Creamed Chicken over Biscuit Brussel Sprouts Pineapple Tomato Juice | Liver & Onions -OR- Beef Patty Mashed Potatoes Mixed Vegetables Oatmeal Raisin Bar OJ | HAPPY THANKSGIVING! | COOK'S CHOICE |
| 28 | 29 | 30 | Each Meal Includes: | |
| Hearty Veg Beef Soup WW Roll with butter Celery Sticks Peaches PNB Cookie |  Turkey Roast Potatoes w/Gravy Peas & Carrots Pumpkin Custard Tomato Juice | Crunchy Baked Fish Parsleyed Potatoes Herbed Green Beans Pineapple Crunch | * 1/3 of the Required Daily Amounts (RDA) for persons age 70+ * Skim or 1% milk *Condiments as appropriate Sodium > 800mg  <i>Amy B Jones MS RDN LDN</i> | |