


NOVEMBER 2017 MENUS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Each Meal Includes:		1	2	3
<p>* 1/3 of the Required Daily Amounts (RDA) for persons age 70+</p> <p>* Skim or 1% milk</p> <p>*Condiments as appropriate</p> <p>Sodium > 800mg</p>  <p><i>Amy B Jones MS RDN LDN</i></p>		<p>Turkey Roast</p> <p>Sweet Potatoes</p> <p>Green Beans</p> <p>Pumpkin Custard</p>	<p>Beef Stew</p> <p>Coleslaw</p> <p>Crunchy Cranberry Salad</p> <p>WW Roll</p> <p>Plums</p>	<p>Lasagna</p> <p>Mixed Green Salad</p> <p>Garlic Bread</p> <p>Bananas & Oranges</p> <p>Grape Juice</p>
6	7	8	9	10
<p>Baked Chicken</p> <p>Mashed Potatoes w/ Gravy</p> <p>Cranberry Brussel Sprouts</p> <p>Cinnamon Applesauce</p>	<p>Pork Loin</p> <p>Baked Potato</p> <p>Cooked Cabbage & Onions</p> <p>Cook's Fruit Bar</p> <p>Tomato Juice</p>	<p>COOK'S CHOICE</p>	<p>Chicken Rice Broccoli Casserole</p> <p>Tossed Salad</p> <p>Garlic Bread</p> <p>Hot Fruit Compote</p> <p>OJ</p>	<p>Beef Stroganoff and Noodles</p> <p>Stewed Tomatoes</p> <p>Broccoli Raisin Salad</p> <p>Peach Crisp</p>
13	14	15	16	17
<p>Swedish Meatballs</p> <p>Baked Potato w/ Sour Cream</p> <p>Harvard Beets</p> <p>Mixed Fruit</p>	<p>Turkey Noodle Casserole</p> <p>Garden Beans</p> <p>Cranberry Pear Crisp</p> <p>WW Roll</p> <p>Tomato Juice</p>	<p>Taco Soup -or- White Chili</p> <p>Tortilla Chips</p> <p>Lettuce Salad</p> <p>Applesauce Jello</p>	<p>Scalloped Potatoes & Ham</p> <p>Broccoli</p> <p>Hot Fruit Compote</p> <p>OJ</p>	<p>Crunchy Baked Fish</p> <p>Tartar Sauce</p> <p>Sweet Potato</p> <p>Creamed Peas</p> <p>Orange/Banana/Pineapple</p> <p>Tomato Juice</p>
20	21	22	23	24
 <p>Meat Loaf</p> <p>Boiled Potatoes</p> <p>Spinach Au Gratin</p> <p>Strawberries</p> <p>Angel Food Cake</p>	<p>Creamed Chicken over Biscuit</p> <p>Brussel Sprouts</p> <p>Pineapple</p> <p>Tomato Juice</p>	<p>Liver & Onions -OR- Beef Patty</p> <p>Mashed Potatoes</p> <p>Mixed Vegetables</p> <p>Oatmeal Raisin Bar</p> <p>OJ</p>	<p>HAPPY THANKSGIVING!</p>	<p>COOK'S CHOICE</p>
27	28	29	30	
<p>Hearty Veg Beef Soup</p> <p>WW Roll with butter</p> <p>Celery Sticks</p> <p>Peaches</p> <p>PNB Cookie</p>	 <p>Turkey Roast</p> <p>Potatoes w/Gravy</p> <p>Peas & Carrots</p> <p>Pumpkin Custard</p> <p>Tomato Juice</p>	<p>Crunchy Baked Fish</p> <p>Parsleyed Potatoes</p> <p>Herbed Green Beans</p> <p>Pineapple Crunch</p>	<p>Hot Roast Beef Sandwich</p> <p>Broccoli</p> <p>Banana Half</p> <p>Vanilla Pudding</p>	