





NOVEMBER 2018 MENUS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Each Meal Includes:			1	2
<p>* 1/3 of the Required Daily Amounts (RDA) for persons age 70+</p> <p>* Skim or 1% milk</p> <p>* Condiments as appropriate Sodium > 800ma</p>  <p><i>Amy B Jones MS RDN LDN</i></p>			<p>Beef Stew Coleslaw Crunchy Cranberry Salad WW Roll Plums</p>	<p>Lasagna Mixed Green Salad Garlic Bread Bananas & Oranges Grape Juice</p>
5	6	7	8	9
<p>Baked Chicken Mashed Potatoes w/ Gravy Cranberry Brussel Sprouts Cinnamon Applesauce</p>	<p>Pork Loin Baked Potato Cooked Cabbage & Onions Cook's Fruit Bar Tomato Juice</p>	<p>COOK'S CHOICE</p>	<p>Chicken Rice Broccoli Casserole Tossed Salad Garlic Bread Hot Fruit Compote OJ</p>	<p>Beef Stroganoff and Noodles Stewed Tomatoes Broccoli Raisin Salad Peach Crisp</p>
12	13	14	15	16
<p>Swedish Meatballs Baked Potato w/ Sour Cream Harvard Beets Mixed Fruit</p>	<p>Turkey Noodle Casserole Garden Beans Cranberry Pear Crisp WW Roll Tomato Juice</p>	<p>Taco Soup -or- White Chili Tortilla Chips Lettuce Salad Applesauce Jello</p>	<p>Scalloped Potatoes & Ham Broccoli Hot Fruit Compote OJ</p>	<p>Crunchy Baked Fish Tartar Sauce Sweet Potato Creamed Peas Orange/Banana/Pineapple Tomato Juice</p>
19	20	21	22	23
 <p>Meat Loaf Boiled Potatoes Spinach Au Gratin Strawberries Angel Food Cake</p>	<p>Creamed Chicken over Biscuit Brussel Sprouts Pineapple Tomato Juice</p>	<p>Liver & Onions -OR- Beef Patty Mashed Potatoes Mixed Vegetables Oatmeal Raisin Bar OJ</p>	<p>HAPPY THANKSGIVING!</p>	<p>COOK'S CHOICE</p>
26	27	28	29	30
<p>Hearty Veg Beef Soup WW Roll with butter Celery Sticks Peaches PNB Cookie</p>	 <p>Turkey Roast Potatoes w/Gravy Peas & Carrots Pumpkin Custard Tomato Juice</p>	<p>Crunchy Baked Fish Parsleyed Potatoes Herbed Green Beans Pineapple Crunch</p>	<p>Hot Roast Beef Sandwich Broccoli Banana Half Vanilla Pudding</p>	<p>Orange Glazed Chicken Brown Rice Tomatoes Florentine Applesauce</p>