

Lunches are served at 12:00 p.m., Noon, Monday through Friday.

No reservations necessary.

No person over 60 shall be denied nutrition services because of failure to contribute all or part of the cost of such service. Participants shall determine for themselves what they are able to contribute toward the cost of the service. There is a \$2 suggested donation for those 60 and over and a \$5 fee for those under 60.

Nutrition and ingredient information is available upon request.

THURSDAY, November 1

Spaghetti w/ Meatsauce OR Lemon Pepper Pollock, peas & mushrooms, tossed salad, glazed bananas & strawberries, vanilla wafers.

FRIDAY, November 2

Hamburger OR Hot Dog, wedge fries, apple, coleslaw, pie.

MONDAY, November 5

Macaroni & Cheese & Ham OR Chicken & Dumplings, stewed tomatoes, emerald pears, cauliflower & pea salad, lemon bar.

TUESDAY, November 6

Roast Pork OR Vegetable Lasagna. Key west blend, plum, cabbage apple raisin salad.

WEDNESDAY, November 7

Chili OR Ham & Potato Soup, heritage slaw, pears & grapes, fruity fine dessert.

THURSDAY, November 8

Thanksgiving Celebration! Turkey, mashed potatoes, bread dressing, green beans, cranberry fruited Jell-O, pumpkin pie.

FRIDAY, November 9

Beef Lasagna OR Tuna & Noodles, lima beans, citrus sections, cauliflower peanut salad, graham crackers.

MONDAY, November 12

Sloppy Joe OR Shredded Chicken Sandwich, sweet potato fries, tropical fruit, pea salad, mousse.

TUESDAY, November 13

Pork Chop Suey OR Chicken Florentine Casserole, rice, peas & carrots, peaches & pears, pineapple juice.

WEDNESDAY, November 14

Stuffed Green Pepper Soup OR Turkey Stew, broccoli salad, banana, cherry crisp.

THURSDAY, November 15

Honey Mustard Chicken Breast OR Liver & Onions, au gratin potatoes, mandarin orange salad, corn relish, pie.

FRIDAY, November 16

Chef Salad w/ Ham, Cheese, & Egg OR Tuna Salad on a bed of lettuce, cantaloupe & grapes, blueberry muffin.

MONDAY, November 19

Chipped Beef OR Creamed Chicken, sugar snap peas, mashed potatoes, mandarin orange salad, pineapple pie.

TUESDAY, November 20

Calico Beans OR Chicken Wings, Scandinavian blend, cinnamon applesauce, marinated carrot salad, gingerbread.

WEDNESDAY, November 21

BirthDay Celebration! Meatloaf, green beans, mashed potatoes, tropical fruit, mashed potatoes, cake & ice cream.

THURSDAY, November 22

All Sites Closed for Thanksgiving Holiday!

FRIDAY, November 23

All Sites Closed for Thanksgiving Holiday!

MONDAY, November 26

Swedish Meatballs OR Chicken Stir Fry, brown rice, Asian blend vegetables, tomato juice, brownies.

TUESDAY, November 27

Pork Chop OR Chicken & Noodles, squash, apple, yogurt w/ berry blend & granola.

WEDNESDAY, November 28

Pepper Steak OR Teriyaki Chicken, rice, oriental vegetables, tossed salad, mandarin oranges in orange Jell-O.

THURSDAY, November 29

Chipped Turkey OR Bologna Salad Sandwich, baked beans, peaches, broccoli salad, cookie.

FRIDAY, November 30

Roast Beef OR Pecan Crusted Tilapia, brussel sprouts, grapefruit sections, cherry crisp.