



November Sr Menu 2024

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|---|
| | | | | ¹ Beef and Red Pepper Casserole California Blend Vegetables Baked Cinnamon Apples Whole Wheat Roll |
| ⁴ Roast Turkey w/ Gravy Roasted Root Vegetables Buttered Brussels Sprouts Peaches Whole Wheat Roll (2) | ⁵ Baked Fish w/ Lemon Butter Succotash Seasoned Beets Fruited Gelatin Salad Whole Wheat Roll (2) | ⁶ Balsamic-Cranberry Pork Wild Rice Pilaf Seasonal Vegetable Cinnamon Applesauce Whole Wheat Roll | ⁷ Mac and Cheese Stewed Tomatoes Steamed Broccoli Pineapple Tidbits Whole Wheat Roll | ⁸ Hamburger Steak w/ Onion Gravy Seasoned Peas Steamed Red Cabbage Applesauce Whole Wheat Roll |
| ¹¹ Barbeque Pulled Pork Seasoned Green Beans Cinnamon Baked Apples Whole Wheat Roll (2) | ¹² Baked Fish w/ Citrus Sauce Summer Squash Souffle Seasonal Vegetable (greens) Pineapple Tidbits Whole Wheat Roll (2) | ¹³ Mildred's Meatloaf Oven Roasted Red Potatoes Roasted Cauliflower Fruited Gelatin Salad Whole Wheat Roll (2) | ¹⁴ Salmon Pasta Bake Steamed Broccoli Peach Crisp Whole Wheat Roll | ¹⁵ Chicken Sausage and Lentils Seasoned Zucchini Spiced Peaches Whole Wheat Roll (2) |
| ¹⁸ Cheese Omelet w/ Salsa Topping Roasted Glazed Root Vegetables Parslied Buttered Carrots Whole Wheat Roll (2) | ¹⁹ Roast Turkey w/ Gravy Herbed Bread Stuffing Orange-Sauced Vegetables Pineapple Tidbits Whole Wheat Roll | ²⁰ BBQ Chicken Hominy Cheesy Grits Roasted Asparagus Fruit Cocktail Whole Wheat Roll | ²¹ Spaghetti with Meatsauce Seasoned Greens w/ Olive Oil Spiced Peaches Whole Wheat Roll | ²² Parmesan Crusted Fish Lima Beans and Corn Seasonal Vegetable Fresh Fruit Cornbread |
| ²⁵ Chicken Pot Pie w/ Cobbler Dough Topping Green Beans, Beets Whole Wheat Roll | ²⁶ Turkey Meatloaf with Glaze Mashed Potatoes Seasonal Vegetable Pears Whole Wheat Roll (2) | ²⁷ Eggplant Parmesan Italian Blend Vegetables Seasoned Broccoli Whole Wheat Roll (2) | ²⁸ NO MEAL DELIVERY FEED MORE CLOSED | ²⁹ NO MEAL DELIVERY FEED MORE CLOSED |

Meal includes 1% milk or calcium fortified beverage packets. Fruits are unsweetened. Bread includes 1 pat of spread. Menu is subject to change.