

Elderly Nutrition Program November 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Beef Tips over Noodles Black Eye Peas Roll Cherry Crisp	2 Pork Steak Baby Bakers Cream Style Corn Chocolate Pie	3 Meatloaf Mashed Potatoes Br. Gravy Pacific Blend Jell-O w/Fruit	4 Smoked Sausage Cabbage Mac & Cheese Rose Applesauce
7 Salisbury Steak Mashed Potatoes Mushroom Gravy Italian Green Beans Roll Peaches & Cottage Cheese	8 Pork Chop Fried Potatoes Winter Blend German Chocolate Cake	9 Chicken Ranch Casserole Broccoli w/Cheese Roll Banana Pudding	10 Indian Taco Fast & Fancy	11 Holiday
14 Chicken Fried Steak Mashed Potatoes Cream Gravy Brussel Sprouts Ambrosia	15 Beans & Ham Fried Okra Salad Bar Frybread PB Cookie	16 BBQ Beef on Bun Chips Pickle Spear Blackberry Cobbler w/Ice Cream Cup	17 Turkey & Dressing Mashed Potatoes Green Beans w/ bacon Roll Pumpkin Pie w/whip topping	18 Cook's Choice
21 Holiday	22 Shepherd Pie Honey Biscuit Pumpkin Spice Cake	23 Eggs Sausage Gravy Biscuit Apple Fritter OJ Coffee	24 Holiday GOBBLE Holiday <i>til you</i> WOBBLE 	25
28 Roast Beef Melt Broccoli & Cheese Soup Cinnamon Apples	29 Beef Stew Cheese Sticks Crackers Pudding	30 Lasagna Corn Garlic Bread Carrot Cake		

MENU SUBJECT TO CHANGE

*Sliced bread available on request daily