

Monday	Tuesday	Wednesday	Thursday	Friday
3 Vegetable Soup Hot Beef and Cheddar Sub Potato Wedges Pears	4 Dijon Chicken Lemon Orzo Steamed Broccoli Pineapple Dinner Roll	5 Lentil Soup Egg Salad Sandwich Dilled Cucumber Salad Fresh Fruit	6 Black Bean Salad Chicken Fajitas w/sour cream and salsa Spanish Rice Mandarin Oranges	7 Meatloaf w/ mashed potatoes and gravy Mixed Vegetables Fresh Fruit Dinner Roll
10 Chili topped w/ green onion and shredded cheddar Tortilla Chips Fresh Fruit	No Lunch Service 11 	12 Swedish Meatballs over egg noodles Steamed Carrots Mixed Fruit Dinner Roll	13 Minestrone Soup Club Sandwich Cookie Fresh Fruit	14 Lasagna Breadstick Steamed Broccoli Applesauce
17 Pork Chop Patty Scalloped Potatoes Steamed Vegetables Applesauce Dinner Roll	18 Sweet and Sour Chicken Steamed Rice Stir Fry Veggies Mandarin Oranges	19 Taco Salad w/ beef, cheese, sour cream, lettuce, salsa, and chips. Refried Beans Fresh Fruit	20 Grilled Chicken Sandwich w/ Lettuce and tomato French Fries Pears	Thanksgiving Meal 21 NO SIGN-UP REQUIRED Roasted Turkey/ Stuffing Mashed Potatoes w/Gravy Cranberry Sauce Garden Vegetables Pumpkin Pie/Dinner Roll
24 Three Cheese Frittata Hashbrown Sausage Muffin Fresh Fruit Bowl	25 Grilled Lemon Herb Pollock Wild Rice Caribbean Vegetables Dinner Roll Fresh Fruit	26 Italian Salad Stuffed Shells w/ marinara and parmesan Breadstick Pears	No Lunch Service 27 	28 <u>No Lunch Service</u> Holiday Observance
Menu Subject to Change				

1% milk, 2oz of whole grain, and fortified margarine are available with all meals. *All fresh produce is subject to availability. Substitutions may be made without notice.*

Suggested meal donation for eligible persons (aged 60+) is \$4.00. For non-eligible persons (aged 59 and younger), the cost is \$8.00 per meal