



NOVEMBER 2016 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>THANKS FOR GIVING! EVERY DOLLAR HELPS TO KEEP THE MEALS COMING.</i></p>	<p>1 Hot Dog on a Bun Potatoes O'Brien Beets Chopped Salad Jell-O</p>	<p>2 Margherita Pizza Antipasto Salad Broccoli Spinach Salad Mandarin Oranges</p>	<p>3 Salmon Filet Couscous Mixed Vegetables Roll Green Salad Pudding</p>	<p>4 Whole Grain Waffle Strawberries Boiled Egg Turkey Sausage Cottage Cheese</p>
<p>7 Veggie Stir Fry Crunchy Noodles Rice Glazed Carrots Spinach Apple</p>	<p>8 Pulled Pork Sandwich Broccoli Normandy Baked Beans Applesauce</p>	<p>9 Salisbury Steak Noodles Peas & Carrots Roll Peaches</p>	<p>10 Baked Chicken w/ Hollandaise Sauce Rice Brussels Sprouts Corn Bread Fruit Cocktail</p>	
<p>14 Pork Loin Spiced Apples Green Beans Roll Orange</p>	<p>15 Tuscan Turkey Sandwich Pasta Salad Carrot Raisin Salad Blueberries Oat Bran Bar</p>	<p>16 Beef Soft Tacos Beans Fiesta Corn Shredded Lettuce Tomato and Mango</p>	<p>17 Kielbasa Braised Cabbage Roasted Potatoes Roll Strawberry Crunch</p>	<p>18 Oatmeal Dried Fruit & Nuts Sausage Banana</p>
<p>21 Turkey w/Gravy Dressing Baby Carrots Cranberry Sauce Roll</p>	<p>22 Cod w/Lemon Polenta Capri Vegetable Blend Roll Coleslaw</p>	<p>23 Baked Ziti Spinach & Peppers Garlic Bread Romaine Salad Cake</p>	 <p>HAPPY THANKSGIVING</p>	
<p>28 Chicken Caesar Salad Croutons 3 Bean Salad Cookie</p>	<p>29 Chili Green Beans Cornbread Applesauce & Raspberries</p>	<p>30 Biscuits & Gravy Spinach & Tomatoes Hash Brown Patty Granola & Raisins</p>	<p>Menu is subject to change. Please call 503-653-8100 to verify.</p> 	