




NOVEMBER 2022 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chicken Breast Brown Rice Broccoli Normandy Black Beans Cabbage Salad Vanilla Wafers	2 Tuna Noodle Casserole Stewed Tomatoes Roll Cottage Cheese	3 Hamburger on a Bun Baked Beans Roasted Brussels Berry Crunch	4 Ham & Cheese Omelet Roasted Potatoes Muesli Banana
7 Chicken Taco Refried Beans Fiesta Corn Orange	8 Country Fried Steak w/Gravy Mashed Potatoes Spinach Biscuit Dried Apricots	9 Italian Pasta Green Beans Garlic Bread Mixed Fruit	10 Ham & Cheese Sandwich Pasta Salad Carrot Raisin Salad Tropical Fruit	
14 Tamale Pie Brussel Sprouts Black Beans Cookie	15 Pork Curry Wild Rice Pilaf Capri Vegetables Roll Coleslaw	16 Shrimp & Pesto Pasta Asparagus Garlic Bread Romaine Salad	17 Kielbasa Collard Greens Red Lentils Cornbread Pudding	18 Grilled Chicken Breast Strips Couscous Spiced Apples Beets Bran Bar
21 Chicken Caesar Salad 3 Bean Salad Bob's Bar	22 Turkey and Gravy Stuffing Sweet Potatoes Green Beans Cranberry Sauce Pumpkin Custard	23 Chicken & Rice Casserole Spinach & Tomatoes Roll Pears	 HAPPY THANKSGIVING	
28 Stuffed Sole Couscous Country Vegetables Roll Apple Snack Pack	29 Ground Beef Hash Peas and Carrots Blueberry Bar Mandarin Oranges	30 Chicken Fettucine Spinach Garlic Toast Apple & Cranberries	