



# November 2024

## Community Nutrition Network & Senior Services Association



Monday	Tuesday	Wednesday	Thursday	Friday
<p>For your safety, if you cannot eat all of your meal or if you are not ready to eat your meal, REFRIGERATE IT RIGHT AWAY!</p> <p>Do not leave it sitting out. Please be safe. Each meal served with fat-free or skim milk.</p>				<p>1 Surimi Crab Alfredo          Penne Pasta          Zucchini /Red Pepper &amp; Onions          Chef's Veggie          Whole Wheat Roll          Fruit Cup</p>
<p>4 Baked Meatloaf w/ Gravy          Cauliflower Mashed Potatoes          Mixed Vegetables          Whole Wheat Roll          Pineapple Tid-Bits</p>	<p>5 Bbq Pulled Pork          Oven Fries          Carrot Raisin Salad          Wheat Sandwich Bun          Warm Apple Crumble          Chef's Choice</p>	<p>6 Miso Glazed Chicken Thighs          Scalloped Potatoes          Baked Bean Casserole          Wheat Bread          Fruit Jello</p>	<p>7 Cheese Omelette          Hash Browned Potatoes          Whole Wheat Biscuit          Apple Juice          Fruit Yogurt          Fresh Orange</p>	<p>8 Swedish Meatballs /Gravy          Mashed Potatoes          Broccoli          Multi Grain Bread          Fresh Melon</p>
<p>11 <b>CLOSED</b>  <b>VETERANS DAY</b></p>	<p>12 Cheddar broccoli chicken rice          casserole          Cauliflower          Warm pear &amp; cranberry crum-          ble          Pea salad</p>	<p>13 Salisbury steak/gravy          Mashed potatoes          Corn          Dinner roll          Pineapple Tidbits</p>	<p>14 Hot Dog          Over Fries          Bean Casserole          Wheat hotdog bun          Banana          Fresh melon</p>	<p>15 Classic lasagna w/meat sauce          Broccoli          Chef's Vegetable          Wheat bread          Oatmeal raisin cookie</p>
<p>18 Roasted Turkey &amp; Gravy          Baked Sweet Potatoes          Mixed Vegetables          Bread Stuffing          Chef's Fruit</p>	<p>19 Spaghetti &amp; meatball          marinara          Mixed salad greens          Multi grain bread          Warm peach cobbler          Fruit cup</p>	<p>20 Hamburger          German potato salad          Green beans          Wheat sandwich bun          Apple sauce</p>	<p>21 Chicken Vesuvio          Mashed potatoes          Cauliflower &amp; red pepper          Wheat bread          Mandarin oranges          Chef's choice veggie</p>	<p>22 Citrus Alaskan Pollock          Vegetable rice pilaf          Country blend vegetable          Multi grain dinner roll          Chick pea salad          Fresh melon</p>
<p>25 Roast Turkey &amp; Gravy          Baked Sweet Potatoes          Green Bean Casserole          Bread Stuffing          Dessert</p>	<p>26 Bbq Riblet          Oven fries          Black beans &amp; Corn          Wheat sandwich bun          Whole apple</p>	<p>27 Hot Roast Beef          Mashed Potatoes /Gravy          Peas &amp; Carrots          Wheat Bread          Fresh Orange</p>	<p>28 <b>CLOSED</b>  <b>HAPPY</b>  <b>HOLIDAYS!</b></p>	<p>29 <b>CLOSED</b>  <b>HAPPY</b>  <b>HOLIDAYS!</b></p>

**Menu subject to change due to availability of items.** Funding in in part is provided by AgeGuide

Suggested Lunch Donation: \$5.00