






MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Alternate Meals Available: Nov 1-2-Salad Nov 5-9-Soup/Sandwich Nov 12-16-Salad Nov 19-23-Soup/Sandwich Nov 26-30-Salad		<i>Low fat milk (12) is provided with each meal</i> <i>Numbers in parentheses represent carbohydrate count</i>	1 Chicken Pot Pie(40) Fresh Baked Biscuit(25) Garden Green Salad(02) Diced Pears(15) Fresh Baked Brownie(23)	2 Roast Pork Loin(0) Roasted Baby Potatoes(15) Seasoned Green Beans(11) Mixed Fruit Cocktail(08) Fresh Baked Roll(16)
5 Creamed Chicken & Rice(30) Seasoned California Blend Vegetables(18) Fresh Baked Roll(16) Pineapple Tidbits(07)	6 National Nacho Day Taco Salad Seasoned Ground Beef, Tortilla Chips Sliced Black Olives, Diced Vine Ripe Tomato, Nacho Cheese, Refried Beans, Salsa, Sour Cream(40) Mandarin Oranges(11)	7 Ms. Helen’s Cheesy Beef Lasagna(19) Seasoned Green Beans(02) Fresh Garlic Bread(15) Cinnamon Apple Sauce(14)	8 Three Bean Beef Chili(03) Seasoned California Blend Vegetables(18) Fresh Baked Fruit Crisp(67) Cornbread(28)	9 Veterans Day Meal Garlic Roasted Beef(00) Roasted Baby Potatoes(15) Seasoned Peas(11) Fresh Apple Tart(67) Fresh Baked Roll(16)
12  NO MEAL	13 Homemade Meat Loaf(03) Garlic Mashed Potatoes(30) Roasted Corn(14) Fresh Baked Roll(15) Naval Orange(22)	14 Savory Corn Chowder(22) Green Beans(11) Fresh Green Salad(02) Sliced Peaches(18) Fresh Baked Corn Bread(33)	15 Sweet and Sour Chicken(30) Steamed White Rice(21) Stir Fried Vegetables(12) Fresh Orange(22) Fresh Baked Roll(15)	16 Thanksgiving Meal Roast Turkey Breast(03) Garlic Mashed Potatoes & Turkey Gravy(25) Stuffing(20) Carrots(06) Mandarin Oranges (11) Cranberry Sauce (22) Pumpkin Pies(35) Fresh Roll(15)
19 Country Fried Steak(04) Mashed Potatoes & Country Gravy (27) Mixed Vegetables(12) Fresh Baked Roll(15) Cottage Cheese & Fruit (12)	20 Hearty Beef and Vegetable Stew(14) Fresh Green Salad(02) Fresh Baked Corn Bread Muffin(33) Granny Smith Apple Crisp(67)	21 Savory Chicken Salad Wrap (18) Italian Pasta Salad(20) Kosher Pickle Spears(00) Diced Pears(19)	22  NO MEAL	23  NO MEAL
26 Malibu Chicken with Honey Mustard Sauce(08) Au Gratin Potatoes(22) Seasoned Green Beans(02) Fresh Baked Roll(16) Mandarin Oranges(11)	27 National French Toast Day Baked French Toast Sticks with Maple Syrup(58) Scrambled Eggs(01) Pork Sausage Links(0) Banana(27)	28 Salisbury Steak(05) Garlic Mashed Potatoes and Gravy(27) Mixed Vegetables(12) Fresh Baked Roll(15) Diced Pears(19)	29 Swedish Meatballs(39) Rice(21) Carrots(06) Peaches(18) Fresh Baked Roll(16)	30 Cured Honey Baked Ham(0) Scalloped Potatoes(13) Diced Beets(06) Fresh Baked Corn Bread(33) Assorted Tropical Fruit(08)

Suggested Donation \$3/meal

Menu is subject to change