

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Adobo <u>3</u> Green Peas ***Marinated Bell Pepper & Tomato Fresh or Unsweetened Pear or Peach Spanish Brown Rice	Quiche <u>4</u> (Eggs, Tofu, Spinach, Mushrooms, Cheese Garnish) L/S Italian Wedding Soup **Broccoli Caesar Salad w/Caesar Drg. *Orange Whole Grain Bread	Shepherd's Pie <u>5</u> (Ground Beef) Mashed Potatoes **Carrots Mixed Salad Greens *Kiwi Whole Grain Roll	Baked Fish Almandine <u>6</u> L/S Mushroom Soup Green Beans w/Herbs ***Spinach Salad w/Kale, Cucumber, Mandarin Orange Orange Barley w/Herbs Yogurt Parfait w/Berries	Arroz con Pollo <u>7</u> (Brown Rice in entrée) LS Pinto Beans *Shredded Cabbage, Mixed Salad Greens & Radish Apple
Savory Beef Stew <u>10</u> (Beef Cubes, Carrots, Celery, Onion**) Mashed Potatoes Herbed Brussel Sprouts *[-]Orange Juice Fresh Fruit in Season Whole Grain Roll Oatmeal Cookie	Veterans' Day <u>11</u> 	Baked Pollack w/Lemon Sauce <u>12</u> L/S Lentil Soup Yellow Squash ***Broccoli Salad Unsweetened Applesauce Barley Pilaf	BBQ Chicken w/LS Sauce <u>13</u> *Tri-Color Coleslaw Canned Pear in Juice OR Melon Macaroni w/Cheese Whole Grain Roll	Open Face Hot Turkey <u>14</u> Sandwich w/gravy L/S Chicken Soup Green Beans ***Spinach Salad w/Shredded Cabbage *Orange Whole Grain Bread
Vegetarian Chili <u>17</u> (Pinto & Kidney Beans, Tomatoes, Cheese Garnish) **Broccoli Mixed Salad Greens *Pineapple & Mango Fruit Cup Whole Grain Bread	Hawaiian Chicken Breast <u>18</u> (L/S Sauce, Water Chestnuts, Mushrooms, Pineapple Garnish) Mesclun Salad *Cantaloupe or Tangerine Jasmine Brown Rice or Brown Rice	Turkey Milanese w/LS Red Sauce <u>19</u> Zucchini ***Chopped Mixed Salad w/Spinach, Kale, Bell Pepper Banana Whole Grain Linguine Lemon Pudding	Salmon w/Dill Sauce <u>20</u> L/S Split Pea Soup Green Beans LS Beet Salad *Orange Whole Grain Roll	Asian Beef Stir Fry <u>21</u> L/S Hot & Sour Soup Mixed Asian Vegetables** (Broccoli, Bell Peppers, Onions) **Carrot Raisin Salad *Kiwi Brown Rice
Mediterranean Chicken Breast <u>24</u> **Sauté Spinach LS Tomato & Cucumbers Salad *Kiwi OR Orange Barley w/Herbs	Spaghetti w/Meat Sauce <u>25</u> (Ground Turkey, LS Tomato) L/S Mushroom Soup Green Beans ***Chopped Salad w/Kale Fresh or Unsweetened Pear OR Peach Whole Grain Spaghetti Chocolate Pudding	Thanksgiving Menu <u>26</u> Turkey Breast w/gravy Green Beans w/Almonds OR Asparagus *Tossed Green Salad w/Romaine, Spinach & Mandarin Orange *[-]Orange Juice Herb Stuffing Whole Grain Roll Pumpkin Pie or Tart	Thanksgiving Day <u>27</u> 	Day After Thanksgiving <u>28</u>

Department of Aging Requirements:

Lunch meets 1/3 requirement for the Recommended Daily Allowance.

- * Meets Vitamin C requirement
- **Meets Vitamin A requirement
- ***Meets Vitamin A & C
- [-] Potassium-rich

Low-Fat Milk (8oz) is included daily.

Suggested donation - \$3.00 per meal.

Menu is subject to change without notice.

