


All meals include milk.

THE OLDER AMERICANS ACT NUTRITION PROGRAM – *Please give whatever you can; help us help others.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Center is open 10am-2pm Monday - Friday Lunch is served Noon		1 Salisbury Steak w/ Gravy Mashed Potatoes Broccoli Tropical Fruit Whole Wheat Roll
4 Polish Sausage w/ Bun Sauerkraut Boiled Potatoes Cauliflower Banana Cookie	5 CLOSED ELECTION DAY NO MEAL SERVICES	6 Beef Tip Stroganoff w/ Mush-rooms Wheat Egg Noodles Lima Beans Side Salad Applesauce	7 Chicken Tenders Potato Wedges Corn Cherry Tomatoes Biscuit Blueberry Crisp	8 VETERANS DAY LUNCH Lasagna w/ Meat Sauce Garlic Bread Green Beans Salad w/ Beets Dessert Fruit Juice
11 CLOSED VETERANS DAY NO MEAL SERVICES	12 Cream of Chicken Soup w/ Carrots & Potatoes Egg Salad on Wheat Bun Cherry Tomatoes Peaches Wheat Crackers	13 Salmon Cake Black Beans & Brown Rice Stewed Tomatoes Coleslaw Fruit Dessert	14 Pork Chops w/ Gravy Stuffing White Beans & Spinach Salad w/ Beets Mandarin Oranges	15 Chef Salad w/ Ham, Turkey, Egg & Cheese Whole Wheat Roll Grapes Brownie
18 Cream of Broccoli Soup Peanut Butter Sandwich Kale Baked Apples Dessert	19 BBQ Pork on Bun Mac & Cheese Brussel Sprouts Coleslaw Pineapples, Dessert	20 Chili w/ Beans Grilled Cheese Sandwich Spinach Fruit Wheat Crackers	21 HOLIDAY MEAL Oven Roasted Turkey w/ Dressing, Whole Wheat Roll Mashed Potatoes w/ Gravy Cooked Carrots Pumpkin Pie TC	22 Chicken Pot Pie Wheat Egg Noodles Broccoli Biscuit Yogurt & Fruit
25 Baked Fish Tail Rice Pilaf Peas Fruit Whole Wheat Roll	26 Pepperoni & Cheese Pizza Italian Veggies Salad w/ Diced Ham Cottage Cheese Fruit Cocktail	27 COOK'S CHOICE	28 CLOSED THANKSGIVING DAY NO MEAL SERVICES	29 CLOSED NO MEAL SERVICES

If schools are closed due to road conditions, senior centers and meal services are closed. If schools are on a 2 hour delay, we will be open.

If schools are dismissing early, we will be closed.

MENU IS SUBJECT TO CHANGE