

**NOVEMBER 2023**



**Romney Senior Center 304-822-2465**

Administration Office: 304-822-4097

All meals include milk.

Lunch is served at 12 noon

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> Cheeseburger w/ Lettuce & Tomato Onion Petals Baked Beans Pear Halves, Pudding	<b>2</b> Oven Roasted Turkey w/ Dressing, Wheat Roll Mashed Potatoes w/ Gravy Cooked Carrots Fruit Pie TC	<b>3</b>
	<b>6</b> Beef Stew w/ Veggies Grilled Cheese Sandwich Celery & Carrot Sticks Baked Apples Wheat Crackers	<b>7</b>	<b>8</b> Taco Salad w/ Chili, Cheese Refried Beans, Cornbread Mexican Corn, Wheat Rice Tortilla Chips Fruit	<b>9</b> Philly Cheesesteak Sub w/ Peppers & Onions French Fries Salad Greens w/ Tomatoes Banana
<b>13</b> Chicken Noodle Soup w/ Carrots & Celery Ham Salad Salad Greens w/ beets Fruit, Cookie	<b>14</b>	<b>15</b> Chef Salad w/ Ham, Turkey, Egg & Cheese Wheat Roll Grapes Dessert	<b>16</b> HOLIDAY MEAL Baked Ham Cabbage, Cooked Carrots Boiled Potatoes Wheat Bread, Dessert	<b>17</b>
<b>20</b> Chili Dog w/ Bun Coleslaw Tator Tots Cottage Cheese, Fruit Chips	<b>21</b>	<b>22</b> Chicken Tenders French Fries Corn Cherry Tomatoes Biscuit, Apple Crisp	<b>23</b> CLOSED THANKSGIVING DAY! NO MEAL SERVICES 	<b>24</b> CLOSED NO MEAL SERVICES
<b>27</b> Fish Fillet w/ Wheat Bun Mac & Cheese Peas & Corn Carrots & Celery Sticks Tropical Fruit, Cookie	<b>28</b>	<b>29</b> Lasagna w/ Meat Sauce Garlic Wheat Bread Green Beans Salad Greens w/ Beets Pudding	<b>30</b> Salmon Cake Black Beans & Brown Rice Stewed Tomatoes Coleslaw Fruit, Dessert	Center is open 10am-2pm Mon., Wed. & Thurs.

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.