


All meals include milk.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chicken Tenders Scalloped Potatoes Mixed Vegetables Fruit Caesar Salad	4 Vegetable Beef Soup Bologna & Cheese Sandwich w/ lettuce & tomato Peas Peach Crisp Wheat Crackers	5 Egg Rolls Breaded Shrimp Vegetable Rice Carrots Fruit Cocktail	6 BBQ Pork Chop Stuffing White Beans w/ Spinach Applesauce Coleslaw	7 Hobo Beans Stewed Tomatoes Broccoli Cornbread Honey Bun Fruit
10 VETERANS LUNCH Country Fried Steak w/ Gravy Mashed Potatoes Green Beans Fruit Whole Wheat Roll Brownie	11 CLOSED VETERANS DAY NO MEAL SERVICES	12 Chicken Pot Pie w/ Biscuit California Blend Vegetables Baked Apples Yogurt Side Salad	13 Fish Fillet on Bun Baked Fries Asparagus Fruit Coleslaw	14 Spaghetti w/ meat sauce Peas Garlic Bread Cottage Cheese Peaches
17 Chicken Noodle Soup w/ carrots & celery Egg Salad Sandwich Cherry Tomatoes Fruit Wheat Crackers	18 Ground Beef & Cabbage Casserole Cooked Carrots Peas Fruit Wheat Bread	19 Baked Chicken Sweet Potatoes Butter Beans Fruit Yogurt	20 THANKSGIVING LUNCH Turkey w/ Gravy, Stuffing Mashed Potatoes Green Beans Whole Wheat Roll Jellied Cranberry Sauce Pumpkin Pie TC	21 Swiss Steak w/ onions & tomatoes Baby Baker Potatoes Corn Mandarin Oranges Spinach Salad
24 Baked Fish Tail Brown Rice w/ Beans Brussel Sprouts Fruit Cranberry, Orange Cookie	25 Sausage Gravy/ Biscuit Egg & Cheese Omelet Home Fries Tropical Fruit Raw Bell Peppers Grape Juice	26 Grilled Chicken Fillet/ Bun w/ lettuce & tomato Macaroni & Cheese Lima Beans Fruit Cake	27 CLOSED HAPPY THANKSGIVING NO MEAL SERVICES	28 CLOSED NO MEAL SERVICES
				Center is open Monday-Friday 8am-2pm Meal served at Noon
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