


All meals include milk.

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

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

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. You will be provided a frozen meal for the days we are closed.

MENU IS SUBJECT TO CHANGE