

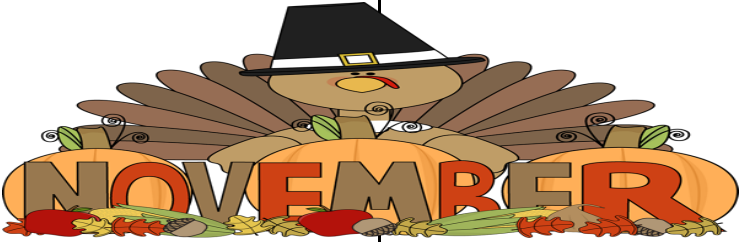

November 2023

Capon Valley View: 304-856-3650

Administration Office: 304-822-2465

All meals include milk.
Lunch served at 12 noon.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3 Tuna Salad Sandwich Potato Salad Cherry Tomatoes Yogurt w/ Fruit Dessert
	6	7 Chicken Breast w/ Gravy Biscuit Parsley Potatoes Cooked Carrots Jell-O w/ Fruit	8	9
13	14 Spaghetti W/ Meat Sauce Garlic Wheat Bread Green Beans Jell-O w/ Fruit Dessert	15	16	17 Pork Chops w/ Gravy Stuffing White Beans & Spinach Salad w/ Tomatoes Mandarin Oranges
20	21 Salisbury Steak w/ Gravy Mashed Potatoes Broccoli Tropical Fruit Wheat Roll	22	23 CLOSED THANKSGIVING DAY! NO MEAL SERVICES 	24 CLOSED NO MEAL SERVICES
27	28 Pepperoni & Cheese Pizza Italian Veggies Salad Greens w/Diced Ham Cottage Cheese Fruit Cocktail	29	30	Center is open 9AM-2PM Tuesday & Friday Many activities including: games, puzzles, books
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.