

## Friday, November 1

- Fish & Chips
- Pumpkin Soup
- Roasted Potato Wedges
- Coleslaw

## Monday, November 4

- Southwest Shredded Chicken
- Pinto Beans
- Shredded Cabbage
- Whole Grain Tortilla

## Tuesday, November 5

- Shepard's Pie
- Mixed Green Salad
- Whole Grain Roll
- Fresh Fruit

## Wednesday, November 6

- Baked Fish Almandine
- Mushroom Soup
- Spinach Salad
- Barley w/ Herbs

## Thursday, November 7

- Chicken Adobo
- Green Peas
- Mesclun Salad
- Brown Rice

## Friday, November 8

- Garden Vegetable
- Broccoli
- Caesar Salad
- Italian Wedding Soup

## Monday, November 11

**CLOSED**  
**VETERAN'S DAY**

## Tuesday, November 12

- Baked Pollack Fish
- Mixed Vegetable Blend
- Broccoli Salad
- Cinnamon Apple Sauce

## Wednesday, November 13

- BBQ Chicken
- Sweet Potato
- Tri Color Coleslaw
- Brown Rice

## Thursday, November 14

- Tamale Pie
- Black Beans
- Mesclun Salad
- Fruit Cup

## Friday, November 15

- Meatloaf w/ Gravy
- Garlic Mashed Potatoes
- Roasted Brussel Sprouts
- Whole Grain Roll

## Monday, November 18

- Chicken Adobo
- Green Peas
- Mesclun Salad
- Brown Rice

## Tuesday, November 19

- Turkey Milanese
- Cauliflower & Zucchini
- Carrot Raisin Salad
- Whole Grain Pasta

## Wednesday, November 20

- Salmon w/ Dill sauce
- Split Pea Soup
- Green Beans
- Chopped Green Salad

## Thursday, November 21

- Asian Beef Stir Fry
- Mixed Asian Vegetables
- Beet Salad
- Hot & Sour Soup

## Friday, November 22

- Vegetarian Chili
- Herb Roasted Carrots
- Mixed Green Salad
- Corn Brea

## Monday, November 25

- Spaghetti w/ Meat Sauce
- Tuscan Vegetable Soup
- Broccoli
- Caesar Salad

## Tuesday, November 26

- Beef Fajita
- Pinto Beans
- Tossed Green Salad
- Whole Grain Tortilla

## Wednesday, November 27

- Turkey Breast w/ Gravy
- Green Beans w/ Almonds
- Tossed Green Salad
- Herb Stuffing

## Thursday, November 28

**CLOSED**  
**THANKSGIVING**

## Friday, November 29

**CLOSED**  
**THANKSGIVING**

- Menu subject to change
- \$3 suggested donation

