






MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 A-Suellen's Baked Chicken with Gravy B-Beef with Brown Gravy Mushroom Farro Risotto Seasoned Cabbage Wheat Bread Fresh Fruit	2 A-Fish Nuggets B-Homestyle Pork Roast Oven Roasted Potatoes Herbed Green Peas Dinner Roll Chocolate Swirl Pudding	3 A-Beef Chili with Beans B-Chicken Chili Brown Rice Catalina Vegetables Saltine Crackers Grape Juice	4 A-Spinach Macaroni and Cheese ✓ B-Chicken Alfredo Broccoli Garlic Parmesan Cauliflower Wheat Bread Fruited Cherry Gelatin
7 A-Bechamel Chicken Meatballs B-Beef Burgundy Lemon Herb Pasta Peas and Carrots Wheat Bread Fresh Fruit	8 A-Citrus Pork B-Honey Baked Chicken Whipped Potatoes with Skins Brussels Sprouts Dinner Roll Fresh Orange	9 A-Dan Pruett's Hamburger Patty B-Breaded Chicken Patty Lettuce and Tomato Ranch Beans Hamburger Bun Hot Cinnamon Applesauce Mustard and Ketchup 	10 A-Greek Chicken B-Sesame Mustard Vegballs ✓ Brown Rice Broccoli with Cheese Wheat Bread Fruited Orange Gelatin	11 A-Turkey Pasta Bolognese B-Six Bean Stew ✓ Cauliflower Squash Casserole Texas Bread Apple Juice
14 A- Ham with Red Beans and Brown Rice B-Chicken Etouffee Black-Eyed Peas Cabbage Wheat Bread Fresh Fruit	15 A-Beef with Mushroom Gravy B-Chicken Picatta Whipped Potatoes with Skins Mixed Vegetables Wheat Bread Fresh Banana	16 A-Black Bean Chicken B-Peking Pork Brown Rice Japanese Vegetables Dinner Roll Fresh Fruit	17 <i>Cold Meal</i> A-Sliced Turkey & Swiss Cheese B-Sliced Ham & Swiss Cheese Lettuce and Tomato Pasta Salad Wheat Bread (2) Fruited Cherry Gelatin Mustard 	18 A-Beef Enchilada Pie B-Tuna Macaroni & Cheese Green Peas Parslied Carrots Texas Bread Grape Juice 
21 A-Ron Lantz's Meatloaf with Brown Gravy B-Mozzarella Chicken Whipped Potatoes with Skins Brussels Sprouts Wheat Bread Fresh Fruit	22 A-Tofu Fried Rice ✓ B-Five Spice Chicken Lentils Ginger Carrots Texas Bread Fresh Fruit	23 Thanksgiving Turkey Breast with Gravy Cornbread Dressing Herbed Green Beans Dinner Roll Carnival Cookie Margarine 	24 <i>Closed – No Delivery</i>	25 <i>Closed – No Delivery</i>
28 A-Teriyaki Diced Chicken B-Thai Chili Beef Northern Beans Japanese Vegetables Texas Bread Fresh Fruit	29 A-Cheeseburger Macaroni B-Turkey Brown Rice Casserole Green Peas Country Tomatoes Wheat Bread Fresh Fruit	30 A-Lemon Pepper Chicken B-Pork Loin with Mushroom Gravy Couscous Broccoli Dinner Roll Fruited Lemon Gelatin	*Due to unavailability of certain items, appropriate substitutions may need to be made. **Milk is served every meal.	✓ - Vegetarian Entrée  ≥ 1000mg Sodium