

# Menu

# November

# 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Hawaiian meatballs over brown rice w/ cauliflower cheese sauce Carrot coins Diced peaches WW dinner roll	<b>3</b>  <b>CLOSED</b>	<b>4</b>  <b>CLOSED</b>	<b>5</b> Teriyaki Chicken Breast Green beans Marinated chickpeas & tomato Apricots WW dinner roll	<b>6</b> Chef salad Garden salad Chicken noodle soup Bananas Ranch dressing Pita bread
<b>9</b> Potato crunch pollock with wild and WG rice California blend Pickled beets & onions Mandarin Oranges Tartar sauce	<b>10</b> Roast Turkey w/ gravy Garlic mashed redskin potatoes Green Beans Mixed berries with whipped topping WW dinner roll	<b>11</b>  <b>CLOSED</b>	<b>12</b> Beef sauce over rotini w/ parmesan cheese Green beans Carrot coins Pineapple tidbits Italian bread	<b>13</b> Submarine Sandwich w/ ham, turkey, & American cheese Cucumber, tomato, and onion salad Soup: Twice baked potato Red or yellow apple
<b>16</b> Breaded fish & cheese sandwich Stewed tomatoes Cinnamon applesauce WW Hamburger bun Tartar sauce	<b>17</b> Hungarian beef goulash over egg noodles Green beans Italian Salad WW dinner roll Ranch dressing	<b>18</b> Smoked sausage w/ green peppers & onion O'Brien potatoes Savory Sauerkraut Diced Peaches Hot dog bun	<b>19</b> Turkey enchilada casserole Broccoli, tomato, cauliflower salad Sour cream & salsa Red or yellow apple Wheat bread	<b>20</b> BBQ chicken breast w/ BBQ sauce Baked beans Coleslaw Blueberries with whipped topping Corn bread
<b>23</b> Salisbury Steak w/ gravy Zucchini & tomatoes Diced carrots Tropical fruit salad WW dinner roll	<b>24</b> Cheesy Lasagna roll ups w/ marinara Green beans Garden salad Frozen fruit mix Italian bread French dressing	<b>25</b> Sweet & sour chicken w/ veg over brown rice Vegetable egg roll Strawberries w/ whipped topping Sweet & sour sauce WW Bread	<b>26</b>  Thanksgiving meal provided by St. Joe's Chelsea Hospital	<b>27</b>  <b>CLOSED</b>
<b>30</b> Breaded chicken patty sandwich Peas & pearl onions Diced peaches and pears Hamburger bun				

Meals include milk & margarine. Crackers & gravy are low sodium.  
 Please make reservations for lunch 48 hours in advance.