

Dexter Senior Center

Menu

November 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1 Baked Meatloaf w/gravy Diced carrots w/dill Corn Diced peaches WW bread	2 Smoked Sausage Sandwich w/green pepper & onion O'Brien potatoes Sauerkraut Fruited gelatin	3 Stuffed Pepper Garlic Mashed redskin potatoes Italian Garden salad Strawberries w/topping WW Dinner roll	4 Teriyaki Chicken Breast Green beans Marinated chickpeas & tomato Orange Dinner roll	5 Turkey Enchilada Casserole Refried beans w/cheese Broccoli, Cauliflower, & Tomato Salad Apple
8 Potato crunch pollock Wild & WG rice pilaf Diced Carrots Cauliflower w/cheese sauce Apricots WW bread	9 Sweet & sour chicken w/veg Fried rice w/veg Veg blend Mixed berries w/topping Dinner roll	10 Roast Pork w/gravy Garlic Mashed redskin potatoes Coleslaw Warm apple crisp Corn bread	11 Veterans Day Center Closed	12 Beef sauce & noodles Green beans Garden salad Banana Italian bread
15 BBQ Chicken Breast Baked beans Collard greens Mandarin oranges Biscuit	16 Ham, Turkey, American Cheese Sub Pasta salad w/veg Chowder:twice baked potato Apple	17 Turkey Tetrazzini Veg blend Pickled beets & onions Tropical Fruit Salad Dinner roll	18 Pepper Steak & brown rice Carrot coins Coleslaw Blueberries w/topping WW bread	19 Lasagna roll ups California vegetables Italian garden salad Pear Italian bread
22 Salisbury Steak w/gravy Zucchini & tomatoes Diced carrots Diced peaches WW Dinner roll	23 Roast Turkey w/gravy Garlic mashed redskin potatoes Green beans Strawberries w/topping Bread dressing Pumpkin pie w/topping	24 Chef salad Garden salad Carrots, Cucumbers, tomatoes Minestrone w/crackers Orange Pita	November 25 Happy Thanksgiving! Center Closed	26 Center Closed
29 Philly Cheese Steak O'Brien potatoes Green beans Apple	30 Polynesian Chicken breast Caribbean Veg blend Brown bean salad Tropical fruit salad Pita			

Meals include milk and margarine. WW = Whole wheat LS = Low Sodium. Crackers and gravy are LS.

Please make reservations for lunch 48 hours in advance. If you don't cancel 48 hours in advance, you will be charged \$5.50.