

Mon

Tue

Wed

Thu

Fri



Subject to change

This menu is for all our senior centers. Call your senior center with questions/comments.

1
Salisbury Steak
Mashed Potatoes
Mixed Vegetables
Fruit Cup

2
Salmon Filet
Rice Pilaf; Broccoli
Garden Salad
Pumpkin Mousse

5
Beef Tips over Noodles
Peas
Lettuce Salad
Escalloped Peaches

6
Dinner Frank
Cheese Potatoes
Broccoli
Poke Cake
Fruit

7
Meat Loaf
Baked Potatoes
Peas & Carrots
Fruit

8
Cheesy Broccoli Soup
Meat Sandwich
Pears
Carrot Sticks

9
Baked Ham
Sweet Potatoes
Green Beans
Tropical Fruit

12
Chicken Breast
Oven Potatoes
Green Beans
Fruit

13
Sloppy Joe
Potato Wedges
Carrots
Fruit

14
Pork Chop
Rosemary Potatoes
Brussel Sprouts
Apple

15
Beef Stew
Biscuit
Lettuce Salad
Fruit

16
Chicken Alfredo over Pasta
Italian Blend Vegetables
Caesar Salad
Garlic Bread
Fruit Crisp

19
Beef Steak
Cheesy Potatoes
Broccoli
Fruit Whip

20
Fish Sandwich w/Bun
Oven Potatoes
Coleslaw
Dessert

21
Pork Roast
Potato
Carrots
Fruit

22
Lasagna
Capri Blend Vegetables
Garlic Bread
Sunshine Cake

24
Chicken Tenders
French Fried
Three Bean Salad
Banana

26
Hamburger Gravy over
Mashed Potatoes
Corn
Fruit Cocktail

27
Spaghetti w/Meat Sauce
Italian Vegetables
Garlic Bread
Grapes

28
Swiss Steak w/Rice
Mixed Vegetables
Salad
Escalloped Apples

29
Vegetable Beef Soup
Egg Salad Sandwich
Peaches
Fruited Jell-O

30
BBQ Chicken
Mashed Potatoes
Carrots
Banana Cream Pie

Mon

Tue

Wed

Thu

Fri

2

Pork Cutlet
Cheesy Potatoes
California Blend Vegetables
Diced Pears

3

Meatloaf
Baked Potato
Key Largo Vegetable
Escalloped Apples

4

Chicken Veg. Soup
Gr. Bologna Sandwich
Pea & Cheese Salad
Fruit Cup
Peanut Butter Cookie

5

Polish Sausage w/Kraut
Boiled Potatoes
Creamed Corn
Mandarin Oranges

6

Beef & Bean Enchilada
w/tomato, black olives, let-
tuce on side
Spanish Rice
Fruit Cup

9

Turkey Broccoli Casserole
Mixed vegetables
Fruited Pudding

10

BBQ Hamballs
Baked Potato
Country Trio Vegetables
Pineapple Tidbits

11

Chicken Alfredo
Green Beans
Garden Salad
Fruit Crisp

12

Pasty
Stewed Tomatoes
Fruit Cup

13

Chili
Copper Penny Salad
Cornbread
Fruited Jell-O

16

Breaded Chicken Breast
Mashed Potatoes w/Gravy
Peas
Tropical Fruit

17

Chop Suey w/Rice
Oriental Vegetables
Oriental Coleslaw
Mandarin Orange

18 Thanksgiving CelebrationLimit one

Turkey w/Dressing
Mashed Potatoes w/Gravy
Green Bean Casserole
Fruit Salad; Pumpkin Bar

19

Salisbury Steak
Au Gratin Potatoes
Brussel Sprouts
Diced Peaches

20

Pizza Casserole
Peas & Carrots
French Bread
Pineapple Upside Down
Cake

23

Tater Tot Casserole
California Blend Vegetables
Fruit Cocktail

24

Citrus Chicken Breast
Mashed Potatoes w/Gravy
Capri Mixed Vegetables
Strawberry Shortcake

25

Spaghetti w/Meat Sauce
Italian Blend Vegetables
Salad
Garlic Bread; Fruit

26**CLOSED****27****CLOSED****30**

Chicken Penne Casserole
Green & Wax Beans
Coleslaw
Mandarin Oranges

Order food ahead
on the days we are
closed —
7 maximum per week

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