

NOVEMBER MENU

MANISTIQUE NUTRITION SITE

Mon

Tue

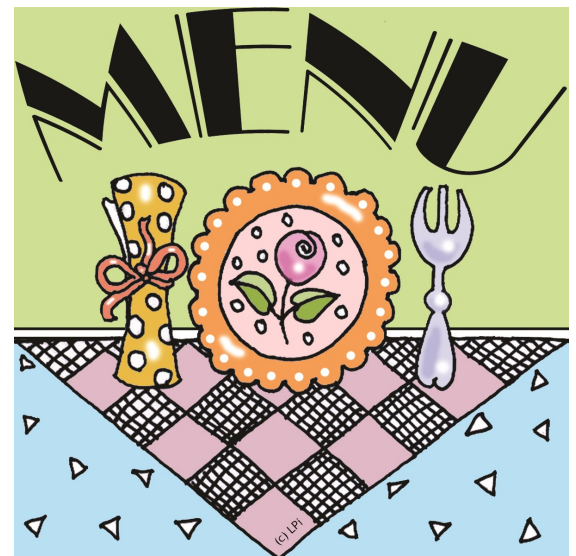
Wed

Thu

Fri

<p><i>Subject to change</i></p> <p>Menu is for all our senior centers. Call your senior center with questions/comments.</p> 		<p>1 Stuffed Green Peppers Capri Mix Vegetables Peach</p>	<p>2 Turkey/Cranberry Sandwich Broccoli Raisin Salad Yogurt Parfait</p>	
<p>5 Citrus Chicken Breast Mashed Potatoes/Gravy Brussel Sprouts Diced Pears</p>	<p>6 Scrambled Eggs/Ham and Cheese Hash Browns Fruit Cup; Juice Bread Pudding</p>	<p>7 Meatloaf Baked Potato Corn Fruit Whip</p>	<p>8 BBQ Pulled Pork w/Bun Coleslaw Baked Beans Fruit</p>	<p>9 Beef Stew Garden Salad Biscuit Pineapple Upside Down Cake</p>
<p>12 Salisbury Steak/Gravy Diced Potatoes Peas and Carrots Diced Peaches</p>	<p>13 Cabbage Casserole Baby Carrots French Bread Fruit Crisp</p>	<p>14 Turkey/Stuffing Mashed Potatoes/Gravy Green Bean Casserole Cranberries Dinner Roll Pumpkin Pie</p>	<p>15 Salsa Chicken Coconut Rice Mixed Vegetables Fruit</p>	<p>16 Chop Suey/Rice Oriental Vegetables Oriental Coleslaw Mandarin/Pineapple Cup</p>
<p>19 Jumbo Beef Ravioli Italian Blend Vegetables Caesar Salad Garlic Bread Fruit</p>	<p>20 Bratwurst with Bun Oven Potatoes Calico Beans Fruited Jello</p>	<p>21 Chili Marinated Vegetables Cornbread Fruit</p>	<p>22 CLOSED FOR THANKSGIVING</p>	<p>23 CLOSED FOR THANKSGIVING</p>
<p>26 Turkey Rice Broccoli Casserole Green & Wax Beans Fruit</p>	<p>27 Tahitian Chicken Mashed Potatoes/Gravy Key Largo Blend Vegetables; Pineapple</p>	<p>28 BBQ Ham Balls Baked Potato Country Trio Vegetables Banana Crème Pie</p>	<p>29 Salmon Filet w/Dill Sauce Sour Cream and Chive Potatoes Peas Mandarin Oranges</p>	<p>30 Boiled Dinner (Ham, Cabbage, Potatoes, Carrots) Biscuit Fruit</p>

341-5085
MANISTIQUE



HOW DO I GET TO THE NUTRITION SITE? EMAIL THE SITE