



# November 2023

**SERVING SIZES**  
 Grains – 2 ounces  
 Vegetables – ½ cup  
 Fruits – ½ cup  
 Protein – 3 ounces  
 Dairy – 1 cup

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Tomato soup Roasted chicken thighs Vegetable rice pilaf Sweet potatoes Cookies Ww Roll Chicken Sandwich	2 Vegetable lentil soup Maple glazed pork tenderloin Roasted potato Peas & carrots Ww Roll Fruit Spinach salad w/ chicken	3 Tossed salad Baked pasta Florentine w/meat sauce Roasted zucchini w/ carrots Ww Roll Yellow cake Roast beef sandwich
6 Vegetable soup Chicken w/sausage, peppers & potatoes Rice pilaf Ww Roll Pudding Ham & cheese on rye	7 Lentil & bean soup Lasagna roll up w/ meat sauce Green beans Garlic bread Fruit Sliced multi grain bread Seafood salad plate	8 Kale & bean soup Chicken cutlet w/tomatoes mushrooms & spinach Rice pilaf Ww Roll Oatmeal raisin cookie Turkey & Swiss cheese	9 Minestrone soup Pork roast w/ gravy Mashed potato Baby carrots Ww Roll Cake Chicken salad plate	10 <b>Closed</b>
13 Vegetable soup Chicken pot pie Mashed potato Cake Whole Wheat roll Turkey sandwich	14 Beef lentil soup Honey chicken & Broccoli Rice pilaf Fruit salad Ww Roll Corned beef on rye	15 Tossed salad Pork scallopini Wax & green beans Spanish rice Ww Roll Fruit Chicken Waldorf salad plate	16 Holiday Squash soup Turkey w/gravy Stuffing Mashed potatoes Roasted vegetables Cranberry sauce / roll Holiday pies	17 Chicken soup Sloppy joe Cole slaw Pasta salad Ww roll Cake Roast beef sandwich
20 Escarole & bean soup Swedish meatballs Mashed potatoes Baby carrots Fruit Seafood salad sandwich	21 Vegetable barley soup Fajitas style chicken Spanish rice Mixed vegetables Roll -- Jello Cobb salad	22 Navy bean soup Veal patty w/ mushroom gravy Spinach Mashed potato Ww roll -- Fruit Ham salad on rye	23 <b>Closed</b>	24 <b>Closed</b>
27 Tomato soup Shepards pie Mashed potatoes Cookies Ww Roll Chicken salad	28 Chicken soup Mongolian beef White rice Steamed broccoli Ww roll Puddin Tuna on wheat	29 Cream of mushroom soup French onion baked chicken Sweet potatoes Green beans – roll Fruit Tossed salad w/ chicken	30 Chicken & rice soup Meatloaf w/ gravy Mashed potatoes Corn - roll Cake Spinach salad	

