



# NOVEMBER

## SENIOR AND DISABILITY SERVICES



| MONDAY                                                                                                                                                                                                                                                                                                                                              | TUESDAY                                                                                                                                                                                                  | WEDNESDAY                                                                                                                                                                                       | THURSDAY                                                                                                                                                              | FRIDAY                                                                                                                                                          |
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| <b>3</b><br>Beef Spanish Rice<br>✓ Vegetarian Chili<br>Chuckwagon Corn<br>Apple Cranberry Coleslaw<br>Cornbread<br>Fresh Orange<br>Milk                                                                                                                                                                                                             | <b>4</b><br>Spaghetti and Meat Sauce<br>Chicken & Vegetable Stir Fry<br>Brown Rice<br>Green Beans<br>Spinach Romaine Salad<br>Pineapple Tidbits<br>Milk                                                  | <b>5</b><br>Chicken A La King<br>Brown Rice<br>✓ Cheese Lasagna Roll Up<br>w/ Marinara Sauce<br>Harvard Beets<br>California Vegetables<br>Mandarin Oranges                                      | <b>6</b><br>BBQ Smokehouse (beef)<br>Italian Sausage (Pork) (link)<br>Cheesy Shredded Hashbrowns<br>Winter Vegetables<br>Hoagie Bun<br>Fresh Sliced Apples<br>Milk    | <b>7</b><br>Chicken Divan Bake<br>Baked Tilapia<br>w/ Creamy Lemon Capers<br>Orzo Pasta<br>Club Spinach (hot)<br>Garbanzo Bean Salad<br>Hot Cinnamon Applesauce |
| <b>10</b> Veteran's Day Special<br>BBQ Diced Chicken Sandwich<br>Hamburger w/ Campfire<br>Whole Kernel Corn<br>Potato Salad<br>Hamburger or Hot Dog Bun<br>Confetti Cake                                                                                                                                                                            | <b>11</b><br>Closed                                                                                                                                                                                      | <b>12</b> Around the World<br>Chicken Thigh Mole<br>New! Diced Pineapple Pork<br>(al Pastor)<br>Pinto Beans<br>Cilantro Coleslaw<br>Corn Tortillas (2 each)<br>Chocolate Birthday Cake          | <b>13</b><br>Tuna Salad Half Sandwich<br>Turkey Salad Half Sandwich<br>Shredded Lettuce<br>Lentil Soup<br>Kidney Bean Salad<br>Wheat Bread<br>Tropical Fruit          | <b>14</b><br>✓ Pasta Primavera<br>Roasted Pork<br>w/ Apple Chutney<br>Brown Rice<br>Mixed Vegetables<br>Romaine Salad<br>Fresh Sliced Apples                    |
| <b>17</b><br>Kidney Beans & Turkey<br>Breaded Pollock Fish<br>w/ Tartar<br>Rice Pilaf<br>Italian Vegetables<br>Carrot Mandarin Salad<br>Pineapple Tidbits                                                                                                                                                                                           | <b>18</b><br>Chicken Alfredo Bake<br>✓ Vegetarian Meatballs<br>w/ Marinara Sauce<br>and Pasta<br>California Vegetables<br>Green Salad<br>Rye Bran Rol<br>Mixed Fruit                                     | <b>19</b><br>Chicken Caesar Salad<br>w/ French Roll<br>Santa Fe Turkey Mini Salad<br>w/ Tortilla Chips<br>Spinach Romaine<br>Corn Chowder<br>Tropical Fruit                                     | <b>20</b> Around the World<br>New! Chicken (Thigh) Teriyaki<br>Sesame Ginger Pork<br>New! Coconut Jasmine Rice<br>Kyoto Vegetables<br>Sesame Slaw<br>Mandarin Oranges | <b>21</b><br>Closed                                                                                                                                             |
| <b>24</b><br>Hearty Chicken Stew<br>✓ Macaroni & Cheese<br>Peas and Carrots<br>Creamy Coleslaw<br>Oat Bran Wheat Roll<br>Pineapple Tidbits                                                                                                                                                                                                          | <b>25</b> Thanksgiving Special<br>Roasted Turkey<br>w/ Poultry Gravy<br>Sliced Ham<br>w/ Pineapple Glaze<br>Mashed Spiced Yams<br>Green Beans<br>Onion Bread<br>Baked Pumpkin Custard<br>Cranberry Sauce | <b>26</b> Thanksgiving Special<br>Salisbury Steak<br>w/ Brown Gravy<br>Roasted Turkey<br>w/ Poultry Gravy<br>Whipped Potatoes<br>Green Peas<br>Bread Dressing<br>Pumpkin Bar<br>Cranberry Sauce | <b>27</b><br>Closed                                                                                                                                                   | <b>28</b><br>Closed                                                                                                                                             |
| <b>ALLERGEN DISCLAIMER:</b><br>Our production kitchen uses the following products in meal preparation: tree nuts, peanuts, soy, eggs, milk, fish, shellfish, wheat, and products containing gluten. We cannot guarantee that all menu items are free of allergens. We use shared equipment and handle common allergens throughout the supply chain. |                                                                                                                                                                                                          |                                                                                                                                                                                                 | Suggested Donation: \$3.00 per Meal (Dining Room)<br>\$3.00 per Meal (MOW)<br>Milk Served with Meals.                                                                 | ✓ denotes vegetarian option<br>New! denotes new item                                                                                                            |