



**November 2019
Congregate Meal Menu**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
November 4	<i>November Birthdays</i>	November 6	November 7
Mushroom Cheeseburger 1 cup Creamy Potato Soup with Crackers Hamburger Roll Fresh Fruit	Baked Crab Cake Sandwich 1/2 cup Cheesy Twists 1/2 cup Stewed Tomatoes Whole Grain Sandwich Roll 1/2 cup Mandarin Oranges Fruit Juice <i>Birthday Cake</i>	Mango BBQ Chicken Breast 1/2 cup Brown Rice 1/2 cup Coleslaw Wheat Bread 1/2 cup Warm Apple-Cranberry Crisp	3 ounces Pot Roast with 1 ounce Gravy 1/2 cup Whipped Potatoes 1/2 cup Sliced Carrots Dinner Roll Chocolate Ice Cream
November 11	November 12	November 13	November 14
Hot Dog with Sauerkraut Topping 1/2 cup Cheesy Potatoes 1/2 cup Green Beans Hot Dog Roll Fresh Seasonal Fruit	1 cup Chili Con Carne 1 cup Tossed Salad with Tomato and Dressing 1 cup Baked Potato with Margarine Cornbread Cookie	Baked Chicken with Gravy 1/2 cup Whipped Potatoes 1/2 cup Carrots Wheat Bread 1/2 cup Applesauce	Warm Ham and Cheese Sandwich 2½ ounces Ham and ½ ounce Cheese 1 cup Creamy Tomato Bisque with Crackers Sandwich Roll Fresh Fruit
November 18	November 19	November 20	<i>Happy Thanksgiving</i> November 21
Country Fried Chicken with 2 ounces Creamy Gravy 1/2 cup Whipped Potatoes with Chives 1/2 cup Mixed Vegetables Wheat Bread Fresh Fruit	3 ounces Warm Roast Beef Sandwich with Cheese and au jus 1 cup Homemade Vegetable Soup with Crackers Sandwich Roll 1/2 cup Mixed Fruit	1/2 cup Pumpkin Alfredo Chicken over 3/4 cup Bow Tie Noodles 1 cup Tossed Salad with Tomato and Dressing Italian Bread 1/2 cup Pineapple Tidbits	4 ounces Roasted Turkey with Gravy 1/2 cup Whipped Potatoes 2 ounces Homemade Stuffing 1/2 cup Sliced Carrots Cranberry Sauce Slice of Pumpkin Pie
November 25	November 26	November 27	
6 ounces Cottage Pie Stewed Beef and Vegetables in Gravy Topped with Buttery Mashed Potatoes 1/2 cup Coleslaw Whole Grain Bread 1/2 cup Warm Cinnamon Applesauce	6 ounces Creamy Chicken Divan over 1/2 cup White Rice 1 cup Tossed Salad with Tomato and Dressing Breadstick 1/2 cup Peaches	Baked Ham with Fruit Sauce 1/2 cup Whipped Sweet Potatoes 1/2 cup Warm Beets Wheat Bread Fresh Fruit	<p>Happy Th</p>

*** All meals are subject to change ***
*** Served daily: 8 ounces Milk and 1 tablespoon Margarine ***

FRIDAY

November 1

Warm Turkey Reuben
2½ ounces Turkey, 2 ounces Sauerkraut,
and ½ ounce Cheese
1 cup Creamy Vegetable Chowder
with Crackers
Whole Grain Sandwich Roll
Mixed Fruit
Condiments

November 8

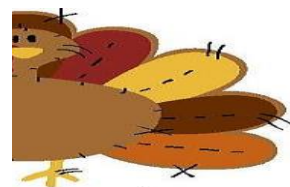
Swedish Meatballs (4)
over 1/2 cup Egg Noodles
1/2 cup Peas
Wheat Bread
1/2 cup Mixed Fruit Salad

November 15

Lasagna with Meat Sauce
Topped with Mozzarella Cheese
1 cup Tossed Salad
with Cucumber and Dressing
Breadstick
1/2 cup Diced Peaches

November 22

1/2 cup Sloppy Joe
1/2 cup Ranch Seasoned Potatoes
1/2 cup Green Beans
Whole Grain Sandwich Roll
1/2 cup Mandarin Oranges



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