# November 2022
## Congregate Meal Menu

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| | **November 1**<br>BBQ Chicken Breast<br>1/2c. Brown Rice<br>1/2c. Coleslaw<br>Wheat Bread<br>**BIRTHDAY CAKE!** | **November 2**<br>Stadium Hot Dog<br>1/2c Cheesy Hashbrowns<br>1 Hot Dog Roll<br>1/2c Pineapple & Mandarin Oranges | **November 3**<br>Penne & Meatballs (4)<br>3/4c Pasta w/ Marinara<br>1c Tossed Salad<br>1 Garlic Breadstick<br>1/2c Mixed Fruit Salad | **November 4**<br>1/2c. Creamy Parmesan Pork Chop<br>1/2c Diced Redskin Potatoes<br>1/2c Green Beans<br>1 Dinner Roll<br>1/2c Pineapple Tidbits<br>Cookie |
| **November 7**<br>Chicken Marsala<br>w/ 2oz Sauce<br>1/2c Rice Pilaf<br>1/2c Broccoli & Cauliflower Blend<br>Wheat Bread<br>Fresh Fruit | **November 8**<br>1c. Cabbage Casserole<br>w/ 2oz Tomato Sauce<br>1/2c. Hashbrown Potatoes<br>1/2c Peas<br>1 Dinner Roll<br>Fresh Fruit | **November 9**<br>1/2c. Pot Roast w/ Gravy<br>1/2c Mashed Potatoes<br>1/2c Coin Carrots<br>Italian Bread<br>Cookie | **November 10**<br>Salisbury Steak w/ Gravy<br>Baked Potato w/ Margarine<br>1/2c Green Beans<br>1 Wheat Bread<br>1/2c Gelatin | ***Happy Veterans Day*** **November 11**<br> |
| **November 14**<br>Taco Salad<br>(3oz Taco Meat, .5oz Cheddar,<br>Lettuce, Tomato, Salsa)<br>Tortilla Chips<br>1/2c Corn w/ Pimentos<br>1/2c Pineapple | **November 15**<br>Swedish Meatballs (4) w/ Gravy<br>1/2c Buttered Noodles<br>1/2c Peas<br>1 Dinner Roll<br>Seasonal Fresh Fruit | **November 16**<br>1/2c. Roasted Pork w/ Apples<br>1/2c Parsley Potatoes<br>1/2c Lima Beans<br>1 Mini Biscuit w/ Apple Butter<br>Cookie | ***Thanksgiving Special*** **November 17**<br>Roast Turkey w/ Gravy<br>Stuffing<br>Whipped Potatoes<br>Mixed Vegetables<br>Dinner Roll<br>Pumpkin Pie | **November 18**<br>1c Chili<br>1/2oz Cheddar Cheese<br>1c Tossed Salad<br>Cornbread<br>1/2c Applesauce |
| **November 21**<br>1/2c. Sweet & Sour Pork<br>1/2c. Rice<br>1/2c Broccoli & Cauliflower Blend<br>1 Dinner Roll<br>Fresh Fruit | **November 22**<br>Breaded Chicken Patty<br>1/2c Whipped Potatoes<br>1/2c Corn<br>1 Biscuit<br>1/2c Peaches | **November 23**<br>1c. Stuffed Pepper Casserole<br>1/2c Garlic Whipped Potatoes<br>1/2c Coin Carrots<br>1 Wheat Bread<br>1/2c Pudding | **November 24**<br> | **November 25**<br>**CENTERS CLOSED** |
| **November 28**<br>Glazed Ham w/ Raisin Sauce<br>1/2c Whipped Sweet Potatoes<br>1/2c Peas & Carrots<br>1 Dinner Roll<br>1 Cookie | **November 29**<br>3/4c. Pasta Primavera<br>(Chicken, Cheese, Broccoli, Carrots,<br>Onions, Peppers)<br>1/2c Noodles<br>1 Breadstick<br>1/2c Mixed Fruit | **November 30**<br>Baked Meatloaf w/ Gravy<br>Baked Potato w/ Margarine<br>1/2c Beets<br>1 White Bread<br>Seasonal Fresh Fruit | * menu subject to change | The Nutrition Group |