

NOVEMBER BREAKFAST

MON	TUE	WED	THU	FRI	SAT	SUN
					1 Choice Cereal w/Cinnamon Roll & Cottage Cheese	2 Breakfast Casserole w/Fruit & Toast
3 Scramble Eggs w/ Hash brown & Toast	4 Cheese Omelet w/Bacon & Toast	5 Breakfast Sandwich w/Fried Potatoes	6 Biscuits w/ Sausage Gravy Egg Patty & Fruit	7 Steak & Eggs w/Hashbrowns & Toast	8 French Toast w/ Maple Syrup Smoky Links Fruit	9 Oatmeal w/Toast & Yogurt
10 Cheesy Egg Scramble w/ Shredded Potatoes & Toast	11 Fried Egg Patty w/Breakfast Ham & Toast	12 Cream of Wheat w/ Toast & Smoky Links	13 Buttered Waffles w/ Maple Syrup Scrambled Eggs & Sausage	14 Breakfast Sandwich w/ Yogurt Parfait	15 Egg Casserole w/ Fruit & Toast	16 Choice of Cereal w/ Cinnamon Roll & Cottage Cheese
17 Western Scramble w/Hash Browns & Toast	18 Cheese Omelet w/ Bacon & Toast	19 Breakfast Sandwich w/Fried Potatoes	20 Biscuits w/ Sausage Gravy Egg Patty & Fruit	21 Steak & Eggs w/ Hashbrowns & Toast	22 Oatmeal w/Toast & Yogurt	23 French Toast w/Maple Syrup Smoky Links & Fruit
24 Cheesy Egg Scramble w/ Shredded Potatoes & Toast	25 Fried Egg Patty w/ Breakfast Ham & Toast	26 Cream of Wheat w/ Yogurt & Toast	27 Pancakes w/Scrambled Eggs & Sausage	28 Breakfast Sandwich w/Fruit Parfait	29 Choice of Cereal w/ Danish & Cottage Cheese	30 Breakfast Casserole w/ Fruit & Toast

NOVEMBER LUNCH

MON	TUE	WED	THU	FRI	SAT	SUN
					1 Stuffed Peppers w/ Fried Rice Corn Cobbetts Roll Dessert Fruit Jello	2 Crispy Chicken w/ Mashed Potatoes & Gravy Coleslaw Biscuit Dessert Pound Cake
3 Salisbury Steak w/ Scalloped Potatoes Asparagus Roll Dessert Chocolate Cake	4 Baked Ziti w/Roasted Zucchini Garlic Bread Dessert Oatmeal Raisin Cookie	5 Smothered Chicken w/ White Rice California Blend Roll Dessert Ice Cream	6 Beef Pot Pie w/Roasted Vegetables Beets Dessert Lemon Bars	7 Braised Pork w/ Creamy Garlic Noodles Sauteed Spinach Roll Dessert Danish	8 Chicken Chili w/Baked Potato Corn Muffin Dessert Apple Pie	9 Pot Roast w/Mashed Potatoes & Gravy Peas & Carrots Roll Dessert Butterscotch Pudding
10 Baked Ham w/Macaroni & Cheese Corn Roll Dessert Banana Cream Pie	11 Rotisserie Chicken w/ Oven Brown Potatoes Carrots Dessert Ice Cream	12 Beef Goulash w/ Italian Blend Garlic Bread Dessert Chocolate Chip Cookie	13 Roasted Turkey w/ Scalloped Potatoes Green Beans Roll Dessert Brownie	14 Lasagna w/ Side Salad & Focaccia Bread Dessert Yellow Cake	15 Crispy Chicken w/ Mashed Potatoes & Gravy Coleslaw Biscuit Dessert Cream Puffs	16 Stuffed Peppers w/Fried Rice Corn Cobbetts Roll Dessert Jello
17 Tuna Noodle Casserole w/California Blend Roll Dessert Baked Apples	18 Spaghetti w/ Meatballs Winter Vegetable Mix Garlic Bread Dessert Ice Cream	19 Bourbon Pork w/ White Rice Roasted Vegetables Roll Dessert Chocolate Eclairs	20 Chicken & Dumplings w/ Southern Green Beans Butternut Squash Dessert Snickerdoodle Cookie	21 Country Fried Steak w/Garlic Mashed Potatoes & Gravy Succotash Roll Dessert Banana Pudding	22 Italian Sausage & Peppers w/ Rice Pilaf Harvest Blend Roll Dessert Strawberry Rhubarb Pie	23 Beef Stew w/ Baked Potato & Side Salad Dessert Fruit Salad
24 Sweet & Sour Chicken w/ Fried Rice Oriental Vegetable Egg Roll Dessert Angel Food Cake	25 Beef Stroganoff w/ Egg Noodles Peas & Carrots Roll Dessert Cheesecake	26 Pepperoni & Cheese Pizza w/ Breadstick Side Salad Dessert Jello	27 Turkey w/ Mashed Potatoes & gravy Green Bean Casserole Stuffing Dessert Pumpkin Pie HAPPY THANKSGIVING	28 Smothered Pork Chop w/ Macaroni & Cheese Mixed Vegetables Roll Dessert Ice Cream Sandwich	29 Stuffed Peppers w/Fried Rice Corn Cobbetts Roll Dessert Chocolate Pudding	30 Crispy Chicken w/ Mashed Potatoes & Gravy Coleslaw Biscuit Dessert Cream Puffs

NOVEMBER DINNER

MON	TUE	WED	THU	FRI	SAT	SUN
					1 Hamburger w/ lettuce & tomato Potato Salad Dessert Mixed Melon	2 Chicken Wrap w/ Chips Dessert Applesauce
3 Grilled Cheese w/ Tomato Soup Dessert Pineapple	4 Coney Island Dogs w/ DILL Pickle & Pasta Salad Dessert Pears	5 Chef Salad w/Choice Dressing & Roll Dessert Tropical Fruit	6 Italian Sub w/ Creamy Cucumber Salad Dessert Apple Slices	7 Chicken Salad on Sourdough w/ Sweet Potato Fries Dessert Peaches	8 Turkey Tetrazzini w/Brussel Sprouts Roll Desert Fruit Cocktail	9 Chicken Tenders w/Pasta Salad Dessert Grapes
10 Grilled Reuben Sandwich w/ Steak Fries Dessert Oranges	11 Pierogis w/ Kielbasa & Sauerkraut Dessert Applesauce	12 Grilled Ham & Cheese w/ Tomato Soup Dessert Mixed Melon	13 Cranberry Pecan Chicken Salad w/ Poppy Seed Dressing & Roll Dessert Pears	14 Bone In Wings w/ Sauce & Potato Salad Dessert Pineapple	15 Philly Cheesesteak Sandwich w/ Fries Dessert Grapes	16 Turkey & Swiss on Croissant w/ Chips Dessert Sliced Apples
17 Loaded Baked Potato w/ Broccoli Cheese Soup Dessert Tropical Fruit	18 Hot Dogs w/ Baked Beans Coleslaw Dessert Oranges	19 Tater Tot Casserole w/ Three Bean Salad Dessert Peaches	20 BBQ Pulled Pork on Bun w/ Curley Fries Dessert Fruit Cocktail	21 Sloppy Joe w/ Cottage Cheese & Chips Dessert Mixed Melon	22 Chef Salad w/ Choice Dressing Roll Dessert Pears	23 Egg Salad Sandwich w/Sweet Potato Wedges Dessert Pineapple
24 Beef & Cheddar Sandwich w/ Potato Soup Dessert Grapes	25 Boneless Wings w/ Roasted Vegetables Coleslaw Dessert Apple Slices	26 Chicken Florentine w/Tortellini Pasta & Breadstick Dessert Tropical Fruit	27 BLT Wrap w/Chips Dessert Oranges	28 Beef Stir fry w/ Oriental Vegetable & Fried Rice Dessert Peaches	29 Grilled Chicken Sandwich w/ lettuce & tomato Waffle Fries Dessert Fruit Cocktail	30 Bratwurst on Bun w/ Potato Wedges Dessert Mixed Melon