
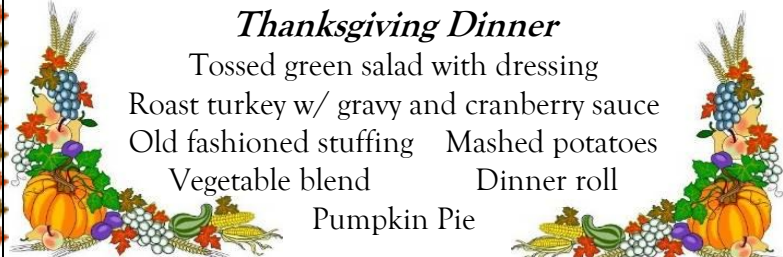














Monday	Tuesday	Wednesday	Thursday	Friday
	<p align="center">Thanksgiving Dinner</p> <p align="center">Tossed green salad with dressing Roast turkey w/ gravy and cranberry sauce Old fashioned stuffing Mashed potatoes Vegetable blend Dinner roll Pumpkin Pie</p> 		<p>1 Coleslaw Fish & Chips w ketchup and tartar sauce Cornbread Apricots</p>	<p>2 Teriyaki chicken skewers Sesame noodles Stir fry vegetables Seasonal fresh fruit</p> 
<p>5 Soup/crackers Pizza with vegetable topping Tropical fruit Brownie</p>	<p>6 Dilled cucumber salad Tuna Melt Chips Mandarin oranges</p>	<p>7 Lunch brought to you by  \$4.00</p>	<p>8 Tossed salad French dip on hoagie roll Potato wedges Seasonal fresh fruit</p>	<p>9 Carrot raisin salad Grilled turkey cheese sandwich Chips Peaches</p>
<p>12 Closed for Veterans Day</p> 	<p>13 Asian slaw Sweet & sour chicken on Rice Stir fry vegetables Mandarin oranges</p> 	<p>14 Turkey, Ham & Roast Beef Sandwich, Salad, Chips and Dessert \$4.00</p>	<p>15 Tossed salad/crackers Salisbury steak Mashed potatoes Dilled carrots Apricots</p>	<p>16 Tossed salad Chicken alfredo on penne Mixed vegetables Applesauce</p>
<p>19 Cottage cheese w pineapple Hearty lentil soup Rustic roll Seasonal fresh fruit</p> 	<p>20 Thanksgiving Lunch Tossed green salad Roast turkey w/ gravy and cranberry sauce, Old fashioned stuffing, Mashed potatoes, Vegetable blend, roll, Pumpkin Pie</p>	<p>21 Take a trip to  @ 12:30 for lunch \$4.00- Pay at MCSC</p>	<p>22 Closed for Holiday</p> 	<p>23 Closed For Holiday</p> 
<p>26 Fiesta salad Spinach Quiche Roast potatoes Muffin Citrus sections</p> 	<p>27 Pea and cheese salad Swedish Meatballs on Noodles Seasonal fresh fruit</p>	<p>28 Lunch brought to you by  \$4.00</p>	<p>29 Chicken soft taco Rancho beans Spanish rice Pineapple</p>	<p>30 Tossed salad Beef Macaroni Tomato Casserole Seasonal fresh fruit</p>

1% milk, roll or bread, and fortified margarine are available with all meals. All fresh produce is subject to availability. Substitutions may be made without notice. Suggested meal donation for eligible persons is \$3.00. For non-eligible persons, cost is \$7.50 per meal



Homage Senior Services Congregate Nutrition Program Menu

November 2018