

Neighborhood House 309-674-1131

NOVEMBER 2022

(Meals are subject to change)

Mon

Tue

Wed

Thu

Fri

<p>Milk is included in all meals</p> <p>Meal Components</p> <ul style="list-style-type: none"> • 3 oz. serving meat /protein • 1 1/2 cups vegetable and/or fruit • 2 servings grain • 8oz low fat milk <p>Guests/Private Pay \$5.00</p> <p>Recommended Donation for Home Delivery & Congregate Programs \$3.00</p>		<p>1 Lemon Chicken Cauliflower Mixed vegetables WG Roll Peaches</p>	<p>2 Hot Dog Baked beans Corn WG Bun Mandarin Oranges</p>	<p>3 Egg Omelet French Toast Stewed Tomatoes Broccoli Applesauce</p>	<p>4 Fish Patty Peas Beets WG Bun Banana</p>	<p>Tremont</p> <p>Hopedale</p> <p>Pekin</p> <p>Washington Heartland Apt.</p> <p>*** Cold Meal will Be delivered 11/23</p> <p>Spinach Diced Chicken Cheese/Tomato Onion/ Craisins Roll</p> <p>Mandarin Oranges</p>
	<p>7 Pulled Pork Sweet Potatoes Green Beans WG Bun Apple</p>	<p>8 Chicken Parmesan Cauliflower Carrots WG Roll Pineapple</p>	<p>9 B.B.Q. Meatball Broccoli Mixed Vegetables WG Bun Peaches</p>	<p>10 Chicken Nuggets Corn Beets Mandarin oranges</p>	<p>11 Shrimp & Grits Peas WG Roll Hot Cinn. Apples</p>	
	<p>14 Sloppy Joe Broccoli Beets WG Bun Orange</p>	<p>15 B.B.Q. Chicken Cauliflower Mixed Vegetables WG Roll Peaches</p>	<p>16 Meatball Marinara Corn Green Beans WG Bun Mandarin Oranges</p>	<p>17 Sausage Patty English Muffin Stewed Tomatoes Peas Pineapple</p>	<p>18 Chicken Tenders Mashed Potato/Gravy Carrots Banana</p>	
	<p>21 Pork Riblet Sweet potatoes Mixed vegetables WG Bun Apple</p>	<p>22 Chicken Taco Lettuce/Tomato/Cheese Black beans Corn WG Tortilla Peaches</p>	<p>23 Ham & Beans Corn Bread Green Beans Hot Cinn. Apples</p>	<p>24 CLOSED THANKSGIVING</p>	<p>25 CLOSED</p>	
	<p>28 Chicken Patty Green Beans Beets WG Bun Orange</p>	<p>29 Beef Taco Lettuce/Tomato/Cheese Refried Beans Corn WG Tortilla Pineapple</p>	<p>30 Polish Sausage Saur Kraut Carrots WG Bun Peaches</p>			