

NOVEMBER 2023

(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 \$6.00</p> <p>Recommended Donation for Home Delivery & Congregate Programs \$3.00</p>			<p>1</p> <p>Hot Dog Baked Beans Green Beans WG Bun Pineapple</p>	<p>2</p> <p>Cheese Omelet French Toast Stewed Tomatoes Lima Beans Applesauce</p>	<p>3</p> <p>Fish Patty Peas Cauliflower WG Bun Banana</p>	<p>Tremont</p> <p>Hopedale</p> <p>Pekin</p> <p>Washington Heartland Apt.</p>
	<p>6</p> <p>Hamburger Patty Green beans Beets WG Bun Orange</p>	<p>7</p> <p>Lemon Chicken Cauliflower Carrots WG Roll Pineapple</p>	<p>8</p> <p>B.B. Q. Meatballs Broccoli Corn WG Bun Peaches</p>	<p>9</p> <p>Chicken Tenders Mashed Potatoes/Gravy Mixed Vegetables Hot Cin. apples</p>	<p>10</p> <p>CLOSED</p>	<p>*** Cold Meal will Be delivered on 11/9</p> <p>Fresh Spinach Diced Chicken Shredded Cheese Tomato/Onion/ Craisin/ WG Roll Mandarin Oranges</p>
	<p>13</p> <p>Sloppy Joe Cauliflower Broccoli WG Bun Apple</p>	<p>14</p> <p>Chicken Parmesan Green beans Carrots WG Roll Peaches</p>	<p>15</p> <p>Meatball Marinara Mixed Vegetables Beets WG Bun Mandarin Oranges</p>	<p>16</p> <p>Pork Riblet Sweet Potatoes Peas WG Bun Pineapple</p>	<p>17</p> <p>Chicken Nuggets Corn Lima Beans Banana</p>	<p>*** Cold Meal will Be delivered on 11/22</p> <p>Mixed Lettuce Diced Ham Shredded Cheese Tomato/Onion/ Craisin/ WG Roll Mandarin Oranges</p>
	<p>20</p> <p>Sausage Patty English Muffin Stewed Tomatoes Green Beans Orange</p>	<p>21</p> <p>Chicken Taco Black beans Corn WG tortilla Pineapple</p>	<p>22</p> <p>Beef Tenderloin Broccoli Carrots WG Bun Hot Cin. Apples</p>	<p>23</p> <p>CLOSED THANKSGIVING</p>	<p>24</p> <p>CLOSED THANKSGIVING</p>	
	<p>27</p> <p>Chicken Patty Lima Beans Beets WG Bun Apple</p>	<p>28</p> <p>Beef Taco Refried Beans Corn WG Tortilla Mandarin Oranges</p>	<p>29</p> <p>Pork Tenderloin Green Beans Carrots WG Bun Pineapple</p>	<p>30</p> <p>B.B.Q. Chicken Cauliflower Mixed Vegetables WG Roll Peaches</p>		