



Town of Southa

SENIOR SERVICES
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NOVEMBER 2020 HOME DELIVERED MEAL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Eggplant Rolettini – Yellow Squash – Orange Juice – Whole Wheat Penne Pasta – Italian Bread – Bread Pudding & Milk	3 Center Closed 	4 Vegetable Lasagna – Garlic Spinach – Italian Blend Vegetables – Bread Stick – Sliced Apricots & Milk	5 Sauerbraten w/Gravy – Red Cabbage – Apple Juice – Bavarian Green Beans – Steamed Red Potatoes – Pumpernickel Bread – Apple Pie & Milk	6 Grilled Chicken w/Creamy Sage Sauce – Roasted Asparagus – Grape Juice – Wild Rice – Assorted Roll – Fresh Cut Fruit & Milk
9 Spinach Roll-ups w/Roasted Garlic Marinara – Tuscany Blend Vegetables – Orange Juice – Breadstick – Fruited Jell-O & Milk	10 Beef Stew – Parsnips – Garlic Green Beans and Mushrooms – Dinner Roll – Carrot Cake & Milk	11 Center Closed 	12 Herb Roasted Pork – Steamed Brussels Sprouts – Grape Juice – Scallop Potatoes – Pumpernickel Bread – Fresh Apple & Milk	13 Chicken Milano – Fresh Broccoli – Yellow Beans – Whole Grain Penne Pasta – Assorted Roll – Chocolate Chip Cookies & Milk
16 Sloppy Joe – Key West Blend Vegetables – Spinach – Whole Wheat Roll – Fresh Cut Fruit & Milk	17 Parmesan Crusted Salmon – Snap Peas – Cranberry Juice – Braised Lentils – Rye Bread – Oatmeal Raisin Cookies & Milk	18 Tortellini Alfredo w/Ham and Peas – Romano Beans – Italian Bread – Fresh Orange & Milk	19 Chicken Cacciatore – Butternut Squash Soup – Roasted Beets – Mixed Vegetables – Multigrain Bread – Sliced Peaches & Milk	20 Roast Turkey w/Pan Gravy – Cranberry Sauce – Brussels Sprouts – Orange Juice – Cornbread Stuffing – Mashed Potatoes – Dinner Roll – Pumpkin Pie & Milk
23 Beef and Sausage Ziti – Romano Beans – Fresh Cauliflower – Orange Juice – Breadstick – Apple Turnover & Milk	24 Fried Chicken – Snap Peas – Macaroni and Cheese – Corn Bread – Pineapple Chunks & Milk	25 Dijon Crusted Pork – Orange Juice – Capri Blend Vegetables – Lima Bean Sauté – Sweet Potato – Pumpernickel Bread – Clementine & Milk	26 Center Closed 	27 Center Closed 
30 Eggplant Rolettini – Yellow Squash – Orange Juice – Whole Wheat Penne Pasta – Italian Bread – Bread Pudding & Milk	Dec. 1 Sole Florentine – Capri Vegetable Blend – White Beans – Sweet Potato – Sourdough Bread – Fresh Orange & Milk	Dec. 2 Vegetable Lasagna – Garlic Spinach – Italian Blend Vegetables – Bread Stick – Sliced Apricots & Milk	Dec. 3 Sauerbraten w/Gravy – Red Cabbage – Apple Juice – Bavarian Green Beans – Steamed Red Potatoes – Pumpernickel Bread – Apple Pie & Milk	Dec. 4 Grilled Chicken w/Creamy Sage Sauce – Roasted Asparagus – Grape Juice – Wild Rice – Assorted Roll – Fresh Cut Fruit & Milk

MENU SUBJECT TO CHANGE WITHOUT NOTICE

Please inform Center staff if you have a food allergy

Thought of the Month:
 Gratitude is the single most
 Important ingredient to
 Living a successful & fulfilled life.

