







NOVEMBER 2022 CONGREGATE MEAL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Jambalaya – Herbed Carrots – Snap Peas – Orange Juice – Dinner Roll – White Rice – Pineapple Chunks & Milk	2 Beef, Macaroni & Tomato Casserole – Mixed Vegetables – Mixed Green Salad – Italian Bread – Banana & Milk	3 Chicken Cordon Bleu w/Light Gravy – Fresh Broccoli – Orange Juice – Sweet Potato – Assorted Roll – Fresh Apple & Milk	4 Parmesan Crusted Salmon – Butternut Squash Soup – Braised Lentils – Garlic Spinach – Multigrain Bread – Fruited Jell-O & Milk
7 Stuffed Cabbage w/Tomato Sauce – Carrots – Orange Juice – Buttered Noodles – Whole Wheat Bread – Peaches & Milk	8 Center Closed – Election Day 	9 Chicken Parmesan – Romano Beans – Spaghetti – Sourdough Bread – Fresh Orange & Milk	10 Sauerbraten – Red Cabbage – Orange Juice – Bavarian Green Beans – Potato Pancake w/Sour Cream – Rye Bread – Apple Strudel & Milk	11 Center Closed – 
14 Vegetable Lasagna – Cauliflower – Yellow Squash – Italian Bread – Apricots & Milk	15 Lemon Garlic Chicken – Tuscany Blend Vegetables – Broccoli – Wild Rice – Pumpnickel Bread – Clementine & Milk	16 Italian Sausage & Mushrooms in a Tomato Cream Sauce – Kale & Onions – Herbed Carrots – Penne Pasta – Italian Bread – Fresh Banana & Milk	17 Beer Battered Codfish w/Tartar Sauce – Ratatouille – Orange Juice – Sweet Potato – Whole Wheat Bread – Tropical Fruit & Milk	18 Roasted Turkey w/Pan Gravy – Cranberry Sauce – Green Bean Casserole – Cornbread Stuffing – Apple Juice – Mashed Potatoes – Dinner Roll – Pumpkin Pie & Milk
21 Sloppy Joe – Key West Blend Vegetables – Wax Beans – Orange Juice – Wheat Roll – Fresh Plum & Milk	22 Turkey Tetrazzini – Peas & Carrots – Grape Juice – Spaghetti – Assorted Roll – Fruit Cocktail & Milk	23 Salisbury Steak w/Mushroom Gravy – Brussels Sprouts – Arugula Salad – Steamed Red Potatoes – Cranberry Juice – French Roll – Oatmeal Raisin Cookie & Milk	24 Center Closed – Happy Thanksgiving 	25 Center Closed – Happy Thanksgiving 
28 Braised Pork Ragu – Roasted Cauliflower – Orange Juice – Tuscany Blend Vegetables – Buttered Noodles – Dinner Roll – Carrot Cake & Milk	29 Jambalaya – Herbed Carrots – Snap Peas – Orange Juice – Dinner Roll – White Rice – Pineapple Chunks & Milk	30 Beef, Macaroni & Tomato Casserole – Mixed Vegetables – Mixed Green Salad – Italian Bread – Banana & Milk	Dec. 1 Chicken Cordon Bleu w/Light Gravy – Fresh Broccoli – Orange Juice – Sweet Potato – Assorted Roll – Fresh Apple & Milk	Dec. 2 Parmesan Crusted Salmon – Butternut Squash Soup – Braised Lentils – Garlic Spinach – Multigrain Bread – Fruited Jell-O & Milk

MENU SUBJECT TO CHANGE WITHOUT NOTICE

Please inform Center staff if you have a food allergy

PRE-REGISTRATION REQUIRED A DAY IN ADVANCE.

Advise staff of alternate choice when making reservation

GRAB ‘N GO MEALS – PRE-REGISTRATION REQUIRED

Alternative Entrée:

NOT AVAILABLE FOR GRAB ‘N GO

Week of Nov. 1 & 28

Week of Nov. 7

Week of Nov. 14

Week of Nov. 21

Hot: Hot Dog w/Relish

Hot: Cuban Slider

Hot: Crab Cake Sandwich on Roll

Hot: Roast Beef on Garlic Toast

Cold: Turkey & Swiss Wrap

Cold: Chicken Caesar

Cold: Chicken Salad Plate

Cold: Tuna Fish Salad Plate