

**NOVEMBER 2017**

**M.O.W.**

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**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



\* = Vitamin C  
 \_ = Vitamin A  
 ( ) = Dessert of Choice  
 All meals served w/low fat milk.

**1**  
 Pork Carnitas  
 \* Orange Juice  
 Salsa  
 Spanish Rice  
 \* Broccoli Florets  
 Mixed Green Salad  
 w/Ranch Dressing  
 Applesauce



**2**  
 Ye Old Pub Cheese Burger  
 \* Potato Nuggets  
Spring Bean Medley  
 Lettuce, Tomato & Onion  
 \* Catsup, Mustard  
 Mayonnaise & Relish  
 Bun  
 Seasonal Fresh Fruit

**3**  
 Tuna Noodle Casserole  
 Grape Juice  
 Green Peas  
 \* Stewed Tomatoes  
 Lemon Gelatin  
 w/Whipped Topping  
 (Diet Lemon Gelatin)



**6**

**7**

**8**

**9**

**10**

Sweet & Sour Pork  
 Brown Rice  
 \* Broccoli Florets  
 \* Steamed Cabbage  
 Fresh Fruit



Roast Beef w/Gravy  
 \* Baked Potato w/Butter  
Glazed Carrots  
 \* Spinach Salad  
 w/Catalina Dressing  
 Peaches

COLD PLATE  
 Asian Chicken Salad  
 \* (Mandarin Oranges, Spring  
 Mix, Sesame Seed  
 Dressing, & Crispy Noodles \*  
 Fruit Punch  
 3-Bean Salad  
 Hawaiian Roll w/Butter  
 Banana

Breaded Cod Fish  
 w/Lemon Slice  
 \* Orange-Pineapple Juice  
Capri Vegetables  
 Potato Wedges  
 Tartar Sauce  
 Strawberry Gelatin  
 w/Mixed Fruit  
 (Diet Strawberry Gelatin  
 w/Mixed Fruit)

VETERAN'S DAY



**13**

**14**

**15**

**16**

**17**

Swedish Meatballs  
 \* Stewed Tomatoes  
 Green Peas  
 Rice Pilaf  
 \* Mandarin Oranges

Mediterranean Chicken Taco  
 Apple Juice  
 Steamed Zucchini  
 \* Red Potatoes  
 Pita  
Apricots



Stuffed Pepper  
Steamed Carrots  
 \* Garlic Mashed Potatoes  
 Mixed Green Salad  
 w/Balsamic Vinaigrette  
 Brownie  
 (Pears)

COLD PLATE  
 Cobb Salad  
 \* Orange Juice  
 Blue Cheese Dressing  
 Pickled Beets & Onions  
 Dinner Roll w/Butter  
 \* Citrus Fruit

Beer Batter Fish  
 \* Potato Wedges  
Spring Bean Medley  
 \* Mixed Cabbage Salad  
 w/Poppy Seed Dressing  
 Tartar Sauce, Vinegar  
 Pineapple Chunks

**20**

**21**

**22**

**23**

**24**

Chicken White Bean Chili  
 Apple Juice  
 \* California Blend  
 Steamed Zucchini  
 Cornbread w/Butter  
 Mixed Fruit



THANKSGIVING DAY  
 CELEBRATION!  
 Traditional Old Fashioned  
 Turkey Dinner w/Gravy  
Mixed Vegetables  
 \* Mashed Potatoes  
 Stuffing  
 Cranberry Sauce  
 Pumpkin Pie  
 (Peaches)

Cheesy Red Veggie Lasagna  
 w/Parmesan Cheese  
 \* Broccoli Florets  
 Steamed Cauliflower  
 Tossed Salad  
 w/Ranch Dressing  
 Fresh Fruit



**27**

**28**

**29**

**30**

COLD PLATE  
 Mock Crab Salad Sandwich  
 \* Orange-Pineapple Juice  
 4-Bean Salad  
Carrot Raisin Salad  
 French Bread  
 Lettuce, Tomato & Onion  
 \* Tropical Fruit

Southern Style BBQ Chicken  
 Succotash  
 \* Glazed Yams  
 Dinner Roll w/Butter  
 Banana

Sweet & Sour Pork  
 \* Steamed Cabbage  
 Green Beans  
 Steamed Rice  
 \* Tangerine

Lincoln's Log Cabin  
 Hearty Beef Stew  
 \* California Blend  
 Baby Lima Beans  
 Mixed Green Salad  
 w/1000 Island Dressing  
 Cornbread w/Butter  
 Tapioca Pudding (Pears)

