

NOVEMBER 2017

M.O.W. RESTRICTED SODIUM

NOVEMBER 2017

Monday

Tuesday

Wednesday

Thursday

Friday

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3



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

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



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

Tuna Noodle Casserole
 Grape Juice
 Green Peas
 * Stewed Tomatoes
 Diet Lemon Gelatin



6

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



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

COLD PLATE
 Asian Chicken Salad
 * (Mandarin Oranges, Spring
 Mix, and Dressing)
 Fruit Punch
 3-Bean Salad
 Hawaiian Roll w/Butter
 Banana

Baked Cod Fish
 w/Lemon Sauce
 * Orange-Pineapple Juice
Capri Vegetables
 * Potato Wedges
 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/Dressing
 Pears

COLD PLATE
 Cobb Salad
 * Orange Juice
 Dressing
 Marinated Beets & Onions
 Dinner Roll w/Butter
 * Citrus Fruit

Beer Batter Fish
 * Potato Wedges
Spring Bean Medley
 * Mixed Cabbage Salad
 w/Dressing
 Vinegar
 Pineapple Chunks

20

21

22

23

24

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



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

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



HOLIDAY!

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/Dressing
 Dinner Roll w/Butter
 Pears

