

# November 2022 – Traditional Menu

Mon	Tue	Wed	Thu	Fri
	<b>1</b> Mac & Cheese w/ Ham Black Beans Green Peas Marinated Vegetable Salad Mixed Fruit Brownie	<b>2</b> Chicken Pot Pie Lima Beans Cinnamon Peaches Beet Salad Fruit Vanilla Cake Square	<b>3</b> Stir-Fried Chicken over Rice Steamed Broccoli Sweet Potatoes Roll Coleslaw Fruit	<b>4</b> Beef Pepper Steak w/ Gravy Mashed Potatoes Stewed Tomatoes Roll Marinated Vegetable Salad Fruit
<b>7</b> Beef Goulash Turnip Greens Cornbread Muffin Pickled Beets Fruit Cookie	<b>8</b> Chicken Parmesan Spinach Roasted Potatoes Vegetable Salad Fruit Gelatin Peaches	<b>9</b> Meatloaf Mashed Potatoes w/ Gravy Green Beans Roll Pea Salad Fruit	<b>10</b> Chicken Ranch Casserole Lima Beans Stewed Apples Cucumber Salad Fruit Cookie	<b>11</b> <b>CLOSED</b> 
<b>14</b> Baked Spaghetti Carrots Cinnamon Apples Roll Pea Salad Fruit	<b>15</b> Fish w/ Red Sauce over Rice Spinach Broccoli Coleslaw Pickled Beets Fruit	<b>16</b> BBQ Chicken Tenders Squash Casserole Green Beans Broccoli Cauliflower Salad Chocolate Cake Tropical Fruit Salad	<b>17</b> Pork Loin w/ Mustard Glaze Cabbage Black-Eyed Peas Roll Fruit Gelatin Fruit	<b>18</b> Chicken Tetrazzini Carrots Lima Beans Roll Marinated Tomato Salad Fruit
<b>21</b> Beef Stroganoff w/ Egg Noodles Turnip Greens Carrots Beet Salad Mandarin Oranges Cookie	<b>22</b> Chicken Tenders w/ Herb Sauce Roasted Potatoes Squash Medley Yellow Cake Square Fruit Tropical Fruit Salad	<b>23</b>  Turkey w/ Dressing & Gravy Green Bean Casserole Sweet Potatoes Broccoli Salad Wheat Roll Pumpkin Pie	<b>24</b> <div style="border: 1px solid black; padding: 10px; display: inline-block;">                         Our Office will be  <b>CLOSED</b>                          Thursday &amp; Friday, Nov. 24 &amp; 25                          for Thanksgiving                     </div> 	
<b>28</b> Baked Macaroni & Cheese Navy Beans Collard Greens Cornbread Muffin Fruit Cookie	<b>29</b> Chicken & Dumplings Cabbage Turnip Greens Coleslaw Waldorf Salad Fruit	<b>30</b> Shepherd's Pie Stewed Tomatoes Corn Broccoli Salad Fruit Brownie	<u>Meat Substitute Meal</u> Grilled Chicken Tenders Broccoli Yellow Squash Roll Congealed Salad Fruit	<u>Veggie Substitute Meal</u> Great Northern Beans Broccoli Yellow Squash Roll Congealed Salad Fruit