

Congregate Senior Nutrition Program

November 2024 – Menu

10/28 - Monday Salisbury Steak w/gravy Zucchini & Tomatoes Whipped Potatoes w/gravy Applesauce Graham Crackers	10/29 – Tuesday Swiss Chicken Casserole Seasoned Peas & Carrots Seasoned Red Beets Diced Peaches SF Vanilla Pudding	10/30 - Wednesday Pork Loin w/gravy Bread Dressing w/gravy Spinach w/ vinegar pk Kidney Bean Salad Pineapple Lorna Doones	10/31 - Thursday Veggie Frittata w/cheese Potatoes O'Brien Sausage Apricots Bread	1 - Friday Meatloaf w/gravy Whipped Potatoes w/gravy Seasoned Wax Beans Mixed Fruit SF Chocolate Pudding Bread
4 – Monday Mexican Chicken & Rice w/cheese Corn  Broccoli Mandarin Oranges Graham Crackers Salsa & Sour Cream CELEBRATE BDAYS	5 – Tuesday Sloppy Joe Potatoes O'Brien Wax beans Salad w/ Ranch Bun Pears	6 - Wednesday Shepherd's Pie Lima Beans Tarragon Baby Carrots Peaches Bread	7 – Thursday Tilapia OR Grilled Chicken Breast White Rice Garlic Green Beans Mixed Fruit SF Chocolate Pudding	8 – Friday Chicken Apple Crunch Salad Chopped Lettuce w/ Reg Ranch Apricots SF Vanilla Pudding Bread
11 - Monday <u>NO LUNCH SERVED TODAY</u> VETERAN'S DAY	12 – Tuesday Chicken & Noodles Seasoned Corn Spinach w/ vinegar pk Mandarines SF Chocolate Pudding	13 - Wednesday THANKSGIVING MEAL Turkey Breast, Bread Dressing & Mashed potatoes w/gravy  Seasoned Carrots Dinner Roll, Peaches Dessert	14 - Thursday Shredded Pork w/homemade BBQ Baked Beans Broccoli Cole Slaw Applesauce Bun	15 - Friday Beef Pot Roast w/gravy Whipped Potatoes w/gravy California Blend Apricots Vanilla Wafers Bread
18 – Monday Beef & Egg Noodles w/gravy Prince Edward Blend Lima Beans Mixed Fruit Bread	19 – Tuesday Sloppy Joe Roasted Sweet Potatoes Seasoned Peas Bun Apricots SF Vanilla Pudding ART / SERVICE PROJECT OX	20 - Wednesday Lemon Thyme Chicken Rice Pilaf Sliced Carrots Tossed Salad w/French Applesauce Bread ART / SERVICE PROJECT SC	21 - Thursday Chicken Pot Pie Seasoned Broccoli Cauliflower Peaches Graham Crackers	22 - Friday Honey Sriracha Pork Garlic Green Beans White Rice Diced Pears Angel Food Cake Graham Crackers ART / SERVICE PROJECT WD
25 – Monday Goulash Green Beans Lorna Doones Pears Breadstick	26 – Tuesday Beef Stew Seasoned Wax Beans Whipped potatoes w/gravy Apricots SF Vanilla Pudding Biscuit	27 – Wednesday Shredded Chicken w/ BBQ sauce Peas Seasoned carrots Cole Slaw SF Chocolate Pudding Bun	28 – Thursday <u>NO LUNCH SERVED TODAY</u> THANKSGIVING DAY	29 – Friday <u>NO LUNCH SERVED TODAY</u> THANKSGIVING BREAK

**AQF desserts are diabetic-friendly treats for every palate. Our mixes are sugar free or no sugar added,

trans fat free, low cholesterol, low sodium and a good source of fiber. SF – sugar free ***The menu is subject to change***

All Meals served with 1% Milk/Tea/Water

SIGN UP 2 DAYS IN ADVANCE – 217-428-3459 / SUGGESTED DONATION \$4.00