



Mon	Tue	Wed	Thu	Fri
1 Herb Baked Chicken Endive Soup Carrots * Brown Rice Fruit + 	2 Cheesy Veggie Rice Casserole +* Tossed Vegetable Salad * Garlic Bread Fruit	3 Angie's Asian Chicken Salad + WW Roll Fruit Treat: Fortune Cookie	4 Tuna Salad Sandwich on WW Bread Minestrone Soup Spinach Salad with Fruit & Nuts*+ Fruit	5 Beef Stew* Vegetable Medley Salad* WW Roll Fruit +
8 Baked South-western Cod Split Pea Soup Carrots * Brown Rice Fruit +	9 Chicken and Leek Pie (includes biscuit) Vegetable Medley Salad * Fruit +	10 Beef Burger on Wheat Bun with Lettuce, Tomato, Pickle and Onion Lentil & Black Bean Soup + Fruit	11 HOLIDAY  Thank You Veterans	12 Spaghetti w/Vegetable Marinara Sauce + Garden Salad * Garlic Bread Fruit
15 Salisbury Steak Mashed Potatoes & Gravy Squash WW Roll Pineapple Fruit Cup+	16 Turkey Chili Tossed Vegetable Salad* Cornbread Fruit Mix+	17 Mock Crab Salad over Lettuce w/Tomato Chef's Choice Soup WW Bread Fruit + 	18 Spinach Mushroom Lasagna+ Garden Salad * WW Roll Fruit	19 <> Chicken Enchilada Verde Casserole+* Black Beans Vegetable Medley Salad* Fruit
22 BBQ Chicken Sandwich on Wheat Bun with Lettuce, Tomato & Onion Broccoli Cranberry Salad + Fruit	23 Cod w/Lemon Caper Sauce Tomato Florentine Soup* Brussel Sprouts + Rice Pilaf Fruit	Thanksgiving Meal 24 Braised Roast Turkey with Gravy Rosemary Roasted Potatoes Green Beans Cranberry Sauce, WW Roll Dessert: Sweet Potato Pie	25 HOLIDAY	26 HOLIDAY
29 Baked Potato with Broccoli and Cheese Spinach Salad with Fruit & Nuts +* Fruit	30 Chicken Dijon Hearty Vegetable Soup+* Carrots * Brown Rice Fruit 	Please sign up or call site directly for reservations 24 hours in advance	Menu subject to change without notice. 1% Milk served each meal	KEY + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat

