

**Senior Café and Meals on Wheels**

**November**

**2023**

30-Oct		31-Oct		1-Nov		2-Nov		3-Nov	
Serving Size	<b>Zesty Beef &amp; Bean Skillet</b>	Serving Size	<b>Turkey Sandwich</b>	Serving Size	<b>Falafel Bowl</b>	Serving Size	<b>Mushroom Pork Loin</b>	Serving Size	<b>Tomato Basil Chicken</b>
8oz	Low Fat Milk	8oz	Low Fat Milk	8oz	Low Fat Milk	8oz	Low Fat Milk	8oz	Low Fat Milk
1ea	Orange Cup	1ea	Papaya & Mango Cup	1ea	Pineapple Cup	1ea	Raisins	1ea	Peach Cup
5oz	Braised Pinto Beans	2ea	Multigrain Bread	3oz	Falafel	4oz	Red Potato	4.5oz	Whole Grain Spaghetti
4oz	Zucchini	2.5oz	Sliced Turkey	4oz	Herb Infused Chickpeas	4oz	Collard Greens	5oz	Tomato Basil Sauce
3oz	Ground Beef	3.5oz	Rotini Pasta Salad	3oz	Fajita Vegetables	3oz	Pork Loin	3oz	Cauliflower
4.5oz	Citrus & Corn Blend			1oz	Sour Cream	4oz	Creamed Mushrooms	2oz	Chicken Breast
		1ea	Mayonnaise Packet					0.75oz	Mozzarella
		1ea	Mustard Packet	1ea	Chocolate Chip Cookie				
6-Nov		7-Nov		8-Nov		9-Nov		10-Nov	
Serving Size	<b>Sweet &amp; Sour Meatballs</b>	Serving Size	<b>Caprese Pasta Salad</b>	Serving Size	<b>Smoky Red Beans &amp; Rice</b>	Serving Size	<b>BBQ Pork &amp; Succotash</b>	CLOSED VETERANS DAY	
8oz	Low Fat Milk	8oz	Low Fat Chocolate Milk	8oz	Low Fat Milk	8oz	Low Fat Milk		
1ea	Applesauce	1ea	Pineapple Cup	1ea	Peach Cup	1ea	Applesauce		
4oz	Brown Rice	6oz	Pasta Salad	5oz	Red Beans	6oz	Corn Succotash		
6oz	Stir Fry Vegetables	2oz	Chicken Breast	4oz	Brown Rice	3oz	BBQ Pulled Pork		
3oz	Beef Meatballs	3oz	Steamed Spinach	3oz	Fajita Vegetables	4oz	Carrots		
1oz	Sweet & Sour Sauce					1ea	Whole Grain Dinner Roll		
		3.5oz	Butterscotch Pudding	1ea	1oz Cheese stick				
13-Nov		14-Nov		15-Nov		16-Nov		17-Nov	
Serving Size	<b>Beef Bolognese</b>	Serving Size	<b>Ham &amp; Cheese Sandwich</b>	Serving Size	<b>Roast Pork &amp; Cinnamon Apples</b>	Serving Size	<b>Chicken Bacon Ranch Sandwich</b>	Serving Size	<b>Smoked Beef Brunswick Stew</b>
8oz	Low Fat Chocolate Milk	8oz	Low Fat Milk	8oz	Low Fat Chocolate Milk	8oz	Low Fat Milk	8oz	Low Fat Milk
1ea	Orange Cup	1ea	Peach Cup	1ea	Pineapple Cup	1ea	Orange Cup		
4.5oz	Whole Grain Penne	2ea	Multigrain Bread	4oz	Red Potatoes	1ea	Whole Grain Bun	5oz	Smoked Beef Stew
3.5oz	Marinara	2.5oz	Sliced Ham	3oz	Carrots	0.5oz	Chopped Bacon	4oz	Lima Beans & Corn
4oz	Beef Bolognese	0.5oz	Cheddar	3oz	Cinnamon Apples	1ea	Whole Grain Chicken Patty	2ea	Wheat Bread
		3oz	German Potato Salad	3oz	Roast Pork	1ea	Ranch Packet	1ea	Butter Cup
		1ea	Mayonnaise Packet			4oz	Sweet Potato		
		1ea	Mustard Packet						*Meal contains pork*
20-Nov		21-Nov		22-Nov		23-Nov		24-Nov	
Serving Size	<b>Southern Black Eyed Peas</b>	Serving Size	<b>Tarragon Chicken Salad</b>	Serving Size	<b>Kansas City Meatloaf</b>	CLOSED THANKSGIVING		CLOSED DAY AFTER THANKSGIVING	
8oz	Low Fat Milk	8oz	Low Fat Milk	8oz	Low Fat Milk				
1ea	Raisins	1ea	Orange Cup	1ea	Raisins				
6oz	Southern Black Eyed Peas	4oz	Chicken Salad	4oz	Smoked Cheddar Mashed Pot				
4oz	Brown Rice	4oz	Sweet Pea Salad	4oz	Braised Collard Greens				
2.5oz	Carrots	2ea	Saltine	3oz	Beef Meatloaf				
4oz	Peach Cobbler	1ea	Oreo	1oz	BBQ Sauce				
1ea	1oz Cheese stick								