



November 2023

2023 Q3-Q4 Hot Menu with Salad/Sandwich Thursday				
		Wednesday-1	Thursday-2	Friday-3
		Salisbury Steak w/Mushroom Gravy	Tuna Salad Sandwich	Chicken Stir Fry
		Mashed Potatoes Carrots	Broccoli salad Applesauce Yogurt (4 oz) WG Bread (2)	Asian Vegetables Pineapple Brown Rice Pilaf WG Bread (1) Butter
Monday-6	Tuesday-7	Wednesday-8	Thursday-9	Friday-10
Chicken with Country Pepper Gravy	Scrambed Eggs & Sausage	Tortellini w/Tomato Sauce	Turkey & Mixed Grain Salad	Closed Veterans' Day
Mashed Potatoes Mixed Vegetables	Diced Potatoes Peppers & Onions Apple Juice (4 oz)	Broccoli Applesauce	Asian Veg Salad Tropical Fruit	
WG Bread (2) Butter	WG Bread (2) Butter	WG Bread (1) Butter		
Monday-13	Tuesday-14	Wednesday-15	Thursday-16	Friday-17
Chili with Rice	Chicken Parmesan	Meatloaf w/Marinara	Ham and Cheddar Sandwich	Honey Mustard Chicken
Peas Cauliflower	Broccoli Applesauce WG Rotini	Mashed Potatoes Green Beans	Three Bean Salad Coleslaw Yogurt (4 oz)	Broccoli Carrots Ancient Grains Pilaf
WG Bread (1) Butter	WG Bread (1) Butter	WG Bread (2) Butter	WG Bread (2) Mustard/Mayo	
Monday-20	Tuesday-21	Wednesday-22	Thursday-23	Friday-24
Meatballs w/Marinara	Harvest Turkey	HOLIDAY MEAL- Roast Turkey w/Gravy	Closed Thanksgiving	Closed Thanksgiving
Broccoli Corn Whole Grain Penne	Mashed Potatoes Carrots Apple Slices	Glazed Carrots Mashed Potatoes Bread Stuffing Cranberry Applesauce		
WG Bread (1) Butter	WG Bread (2) Butter	WG Bread (1) Butter		
Monday-27	Tuesday-28	Wednesday-29	Thursday-30	
Ham Steak w/Pineapple Glaze	Thai Ginger Curry Chicken	Salisbury Steak w/Mushroom Gravy	Tuna Salad Sandwich	
Peas Cauliflower	Fajita Vegetables Tropical Fruit	Mashed Potatoes Carrots	Broccoli salad Applesauce Yogurt (4 oz)	MENU PREPARED BY: Metz Culinary
WG Bread (1) Butter	Ancient Grains Pilaf	WG Bread (2) Butter	WG Bread (2)	MENU DATE: SERVICE DATES: November 2023