

Senior Café and Meals on Wheels

November

2024

4-Nov	5-Nov	6-Nov	7-Nov	8-Nov
<u>Sweet &amp; Sour Meatballs</u>	<u>Caprese Pasta Salad</u>	<u>Smoky Red Beans &amp; Rice</u>	<u>BBQ Pork &amp; Succotash</u>	<u>Stuffed Pepper Casserole</u>
Low Fat Milk Pineapple Cup Stir Fry Vegetables Brown Rice  Beef Meatballs Sweet & Sour Sauce	Low Fat Milk Raisins Basil Tomatoes Pasta Salad  Chicken Breast	Low Fat Milk Applesauce Peppers & Onions Brown Rice  Red Beans	Low Fat Milk Papaya & Mango Cup Corn Succotash Wheat Dinner Roll  BBQ Pulled Pork	Low Fat Chocolate Milk Orange Cup Yellow Squash White Rice with Peppers  Ground Beef Shredded Cheese
11-Nov	12-Nov	13-Nov	14-Nov	15-Nov
<b>Closed Veterans Day</b>	<u>Tuna Salad</u>	<u>Roast Pork &amp; Cinnamon Apples</u>	<u>Chicken Bacon Ranch Sandwich</u>	<u>Smoked Beef Brunswick Stew</u>
	Low Fat Chocolate Milk Papaya & Mango Cup  German Potato Salad Whole Grain Blueberry Muffin  Tuna Salad	Low Fat Milk Cinnamon Apples  Green Bean & Bell Pepper Medley Steamed Barley  Roast Pork	Low Fat Milk Pineapple Cup  Roasted Sweet Potato Whole Grain Bun  Whole Grain Chicken Patty Bacon Strips Ranch Dressing	Low Fat Milk   Lima Beans & Corn Cornbread  Smoked Beef Stew
	<b>*Meal contains pork*</b>		<b>*Meal contains pork*</b>	<b>*Meal contains pork*</b>
18-Nov	19-Nov	20-Nov	21-Nov	22-Nov
<u>Southern Black Eyed Peas</u>	<u>Tarragon Chicken Salad</u>	<u>Kansas City Meatloaf</u>	<u>Turkey Moussaka</u>	<u>Chicken Noodle Bowl</u>
Low Fat Milk Raisins Collard Greens White Rice  Southern Black Eyed Peas	Low Fat Milk Pineapple Cup Marinated Artichokes & Radish Couscous Tabbouleh  Tarragon Chicken Salad	Low Fat Milk  Caramelized Onions & Zucchini Whole Grain Mac & Cheese  Beef Meatloaf BBQ Sauce	Low Fat Milk Papaya & Mango Cup Roasted Eggplant Mediterranean Rice  Ground Turkey Ricotta Herb Sauce	Low Fat Milk Applesauce Carrots & Celery Egg Noodle  Braised Chicken in Broth
25-Nov	26-Nov	27-Nov	28-Nov	29-Nov
<u>Mushroom Pork Loin</u>	<u>Balsamic Tortellini</u>	<u>Chicken &amp; Sweet Potato</u>	<b>Closed Thanksgiving</b>	
Low Fat Milk Papaya & Mango Cup Creamed Mushrooms Wheat Dinner Roll  Shredded Pork Loin	Low Fat Chocolate Milk Peach Cup Steamed Snap Peas & Bell Peppers Balsamic Tortellini Salad  Chicken Sausage	Low Fat Milk Pineapple Cup Sweet Potato Mash Steamed Barley  Chicken Breast		

# November 2024

## Chef2Home Q3Q4

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 2			 			<b>November 1</b>  Peach Cup <u><b>Beef &amp; Bean Chili</b></u> Rice & Beans Broccoli Whole Grain Roll, Butter
						
WEEK 3	November 4	Applesauce <u><b>Italian Meatloaf</b></u> Carrots Mashed Potatoes Whole Grain Roll, Butter	Juice <u><b>Turkey Divan</b></u> Broccoli Cheese Sauce Brown Rice Pilaf Whole Grain Bread, Butter	November 6 <u><b>French Onion-Breaded Pork Chop</b></u> Gravy Mashed Potatoes Peas Cinnamon Apple Crisp Whole Grain Roll, Butter	November 7 Juice <u><b>Taco Salad</b></u> Beef Shredded Cheddar Diced Tomatoes, Lettuce Black Bean & Corn Salad Taco Sauce, Whole Grain Tortilla	November 8  Applesauce <u><b>Southwest Chicken Cheddar Penne</b></u> Black Beans & Corn Cheese Sauce, Stewed Tomatoes, Broccoli Whole Grain Roll, Butter
	November 11	Closed! Happy Veteran's Day!	November 12 Juice <u><b>Beef Goulash</b></u> Elbow Macaroni Tomato Sauce Carrots Peas Whole Grain Roll, Butter	November 13 <u><b>Moroccan Chicken &amp; Lentils</b></u> Moroccan Sauce Peppers Mixed Vegetables Brown Rice Pilaf Warm Apples w/ Raisins Whole Grain Bread, Butter	November 14 Juice <u><b>Turkey Ham &amp; Cheddar Sandwich</b></u> Broccoli Salad Mayonnaise Packet Whole Grain Bread	November 15 <u><b>Swiss Steak</b></u> Swiss Steak Sauce Mashed Potatoes Normandy Blend Cinnamon Apples Whole Grain Roll, Butter
WEEK 4	November 18	<u><b>Chicken Parmesan</b></u> Broccoli Whole Grain Rotini Cinnamon Apple Crisp	November 19 Juice <u><b>Ham Steak with Pineapple Glaze</b></u> Peas Brown Rice Pilaf Whole Grain Roll, Butter	November 20 Applesauce <u><b>Chicken w/ Country Pepper Gravy</b></u> Carrots Mashed Potatoes Whole Grain Roll, Butter	November 21 Diced Pears <u><b>Italian Chicken Salad</b></u> Salad Greens Whole Grain Roll, Butter Italian Dressing	November 22 Applesauce <u><b>Penne Pasta &amp; Meatballs with Marinara Sauce</b></u> Cauliflower Brussel Sprouts Whole Grain Roll, Butter
	November 25	Juice <u><b>BBQ Seasoned Pork</b></u> Green Beans Sweet Potatoes Whole Grain Roll Butter	November 26 Grape Juice <u><b>Thai Ginger Curry Chicken</b></u> Fajita Vegetables Broccoli Brown Rice Pilaf Whole Grain Roll Butter	November 27 <u><b>*HOLIDAY MEAL!*</b></u> Roasted Turkey w/ Gravy Glazed Carrots Buttery Herb Mashed Potatoes Bread Stuffing Cranberry Applesauce Whole Grain Roll, Butter	November 28 Closed! Happy Thanksgiving!	November 29 Closed! Happy Thanksgiving!
WEEK 2						

This menu has been designed using the DOEA component meal pattern requirements. When prepared using approved products and recipes, this menu meets meal pattern requirements for one meal per day (2 oz edible portion protein, 3/4 cup vegetable and 1/2 cup fruit OR 1 1/2 cups vegetables, 2 servings of grains, 1 cup milk; 25 mg Vitamin C per meal, 233 mcg Vitamin A 3 times per week; includes whole grain foods).

\*whole grain