(3	November 2021 Congregate Meal Menu		
MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Baked Meatloaf w/ Gravy Baked Potato w/ Margarine 1/2c Green Beans White Bread 1/2c Sliced Peaches	November 1	Election Day November 2 Center Closed Election Day	November 3 Chicken Marsala w/ 2oz Sauce 1/2c Rice Pilaf 1/2c Broccoli & Cauliflower Blend Wheat Bread 1/2c Mixed Fruit		November 5 Frozen meal given on Wednesday
Chicken & Dumplings 1c 1/2c Pepper Slaw Whole Grain Buttermilk Biscuit 1/2c Applesauce	November 8	November 9 BBQ Pork Ribette 1/2c Sweat Potato Bites 1/2c Green Beans Wheat Bread Birthday Cake	November 10 Bacon Bleu Cheeseburger w/ Bacon, Lettuce, Tomato Hamburger Roll Fresh Fruit	Happy Veterans Day November 11 Frozen meal given on Wednesday	November 12 Frozen meal given on Wednesday
Swiss Steak w/ 2oz Onion Gravy 1/2c Ranch Potatoes 1/2c Diced Carrots Wheat Bread 1/2c Blushed Pears	November 15	November 16 Thanksgiving Special!! Roast Turkey w/ Gravy 2oz Stuffing 1/2c Whipped Potatoes 1/2c Mixed Vegetables Dinner Roll Pumpkin Pie w/ Whipped Topping	November 17 1c Chili 1oz Cheddar Cheese 1c Tossed Salad Cornbread 1/2c Applesauce	November 18 Frozen meal given on Wednesday	November 19 Frozen meal given on Wednesday
Roasted Pork w/ Dijon Mushroom Sauce 1/2c Vegetable Rice Pilaf 1/2c Green Beans Wheat Bread Fresh Fruit	November 22	November 23 Chicken Bruschetta 1/2c. Pesto Pasta 1c. Mixed Greens Salad w/ Drs 1/2c Island Blend Vegetables Dinner Roll Angel Food Cake w/ Berries & Topping	November 24 Pot Roast w/ Gravy 1/2c Mashed Potatoes 1/2c Coin Carrots Italian Bread Cookie	November 25 Frozen meal given on Wednesday	November 26 Frozen meal given on Wednesday
Hot Dog 2oz Sauerkraut 1/2c Cheesy Potatoes Hot Dog Roll 1/2c Sliced Apples	November 29	November 30 BBQ Chicken Thigh 1/2c Bowtie Pasta 1c Tossed Salad Wheat Bread Fresh Fruit		* menu subject to change	The Nutrition Group