

Community Action- Senior Home Delivery Menu November 2011

Monday		Wednesday		Friday
		November 2, 2011		November 4, 2011
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
	A Suggested Donation is \$3.00 However, no one requesting a meal will be denied meal services.	Chicken Egg Rolls Vegetable Fried Brown Rice Coleslaw Banana Chunky Cinnamon Applesauce	Hot Beef Sandwich (Whole Wheat Bread) Mashed Potatoes Pickled Beets Mandarin Oranges	Beef Pot Roast Buttered Whole Potatoes California Vegetables Whole Wheat Roll Blueberry Cobbler
November 7, 2011		November 9, 2011		November 11, 2011
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Spanish Brown Rice w/ Hamburger Seasoned Asparagus Whole Grain Muffin Cantaloupe/Watermelon	Baked Ham Whole Grain Roll Brussel Sprouts Peas Pineapple Sweet Potato Pie	Parmesan Chicken Patty Whole Grain Pasta Green Beans Lettuce Salad/ Dressing Apricots	Baked Turkey Cutlet Mashed Potatoes w/ Gravy Marinated Vegetable Salad Plums Whole Wheat Roll	Agency Closed in Observance of Veterans Day
Novmeber 14, 2011		November 16, 2011		November 18, 2011
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Mexican Chicken Seasoned Rice Black Bean Salad Carrot Sticks Pineapple Oatmeal Cookie	Beef Stew/ Vegetables Biscuit Tropical Fruit Baked Apples	Chef Salad/ Dressing (Meat, Cheese, Egg, Tomato) Whole Grain Roll Vegetable/Lentil Soup Mixed Fruit	Spaghetti/ Meat Sauce Whole Grain Spaghetti Garlic Bread Green Beans Romaine Lettuce/ Dressing Pears	Oven Fried Chicken Mashed Potatoes/ Gravy Biscuit Cooked Cabbage/ Cheese Strawberries/ Angel Cake
November 21, 2011		November 23, 2011		November 25, 2011
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Wholegrain Corndog Potato Salad Cottage Cheese Zucchini and Tomatoes Peach Cobbler	Pork Chop and Apples Roasted Potatoes Seasoned Spinach Whole Wheat Roll Bread Pudding	Turkey Pasta Salad Whole Grain Crackers Green Beans Pickled Beets Apricots	Hamburger Gravy/ Biscuit Mashed Potatoes Broccoli Salad Fruit Cocktail Striped Cookie	Agency Closed in Observance of Thanksgiving
November 28, 2011		November 30, 2011		
<i>Hot Meal</i>	<i>Cold Meal</i>	<i>Hot Meal</i>	<i>Cold Meal</i>	
Baked Cod Dinner Roll Parmesan Potatoes Stewed Tomatoes Citrus cup		Shepherd's Pie Whole Grain Roll Glazed Carrots Peas Peach Crisp	Chicken Tenders Baked Beans Corn Muffin Coleslaw Pears	Milk served with each meal.

