November



Reservations & Cancellations:

Please call (209) 365-0572, up to 7 days in advance if you would like to join us for lunch.
Please call at least 24 hours in advance to cancel your reservation, or cancel your Home Delivered Meal.

		senior center	Delivered Meal.	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
\$4.00 Suggested Lunch		Witamin A Carre		Beef Chili
Contribution.		~ Vitamin A Source		Cheese, Onion,
		* Vitamin C Source		Sour Cream
Lunch served daily at		VEG Vegetarian		Baked Potato
11:30 AM.	^S Meal Contains >1000mg of sodium.			~Spinach
	Each meal meets 1/3 minimum daily			Roll w/ Butter
	nutritional requirements.			*Cantaloupe
	·			1% Milk
4	5	6	7	8
Beef Stroganoff	Creamy Veggie Pasta	Chicken & Dumplings	Beef Stew	Cajun Baked Cod
Buttered Noodles	~Brussel Sprout	~*Mixed Veggies	Carrot, Onion, Celery	Rice Pilaf
~Steamed Carrots	Italian Bean Salad	Tater Tots	Mashed Potato	~Butternut Squash
*Apricot Halves	*Kiwi	Fresh Apple	~Steamed Broccoli	Crispy Green Beans
Roll w/ Butter	Garlic Bread	Wheat Cracker	*Cantaloupe	*Pineapple
1% Milk	1% Milk	*Mixed Berry Crisp	Roll w/ Butter	1% Chocolate Milk
1701 Hd	VEG	1% Milk	1% Milk	170 Onoocato i mik
11	12	13	14	15
CLOSED	Salisbury Steak	Pulled Pork	Chicken Cordon	Teriyaki Beef
OLOGLD	Mashed Potato	Sandwich	Bleu	Brown Rice
1 1 +HAPPY	Mushroom Gravy	Sweet Potato Fries	Mashed Potato	~Steamed Broccoli
Velerans	~*Mixed Veggies	~Brussel Sprout	~Green Beans	Pork Egg Roll
Couring		*Mandarin	*Fresh Strawberry	*Pineapple
Tau	Apple Roll w/ Butter	Coleslaw	Roll w/ Butter	Fortune Cookie
ON				
40	1% Milk	1% Chocolate Milk	1% Milk	1% Milk
18	19	20	21	22
Spaghetti	Minestrone Soup	Chicken Fried Steak ^S	Portuguese Beans	Meatloaf
w/ Meat Sauce	*~Mixed Veggies	Mashed Potato	Linguica	Mashed Potato
~Steamed Broccoli	Roll w/ Butter	Country Gravy	Pinto Beans	Brown Gravy
Crispy Green Beans	Apple	~Steamed Carrots	~Steamed Spinach	~Brussel Sprouts
*Apricot Halves	Pudding	*Fresh Orange	Corn Bread	*Strawberry
Garlic Bread	1% Milk	Roll w/ Butter	*Fresh Kiwi	Roll w/ Butter
1% Milk	VEG	1% Milk	1% Chocolate Milk	1% Milk
25	26	27	28	29
Chicken & Broccoli	Shrimp and Grits	Roasted Turkey	<i>~</i> .	
Casserole	~Steamed Broccoli	Mashed Potato	\Longrightarrow 1 V	e
*~Mixed Veggies	Hush Puppies	w/ Gravy		\subseteq
Breaded Zucchini	*Fresh Orange	~Green Bean	32000	1
Apple	Roll w/ Butter	*Cranberry Sauce		hanks
Roll w/ Butter	1% Milk	Stuffing		Inchino
1% Milk		Pumpkin Pie		Company of the Compan
270 F Hell	1	10/ Milk	- 480-	

1% Milk