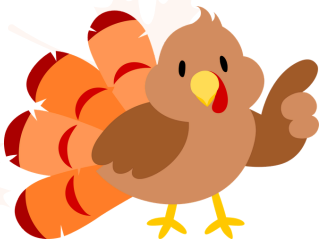
LOEL senior center

NOVEMBER MENU

Reservations & Cancellations

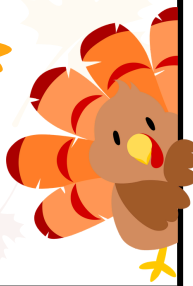
Please call (209) 365-0572, up to 7 days in advance if you would like to join us for lunch. Please call at least 24 hours in advance to cancel your reservation, or cancel your home delivered meal.

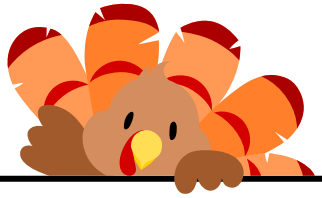
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 **Ginger Garlic Pork** Brown Rice ~Glazed Carrots Veggie Spring Roll Fortune Cookie *Pineapple 1% Milk	3 **Chicken Fried Steak ^S** Mash Potato Country Gravy ~Creamed Spinach WW Roll w Butter *Kiwi 1% Milk	4 **Beef Stuffed Peppers** w Rice and Cheese *~Mixed Veggies Refried Beans Churro Peaches 1% Milk	5 **Shrimp & Grits** Polenta w Tomato Sauce Roasted Squash Cornbread Butter *Fruit Salad 1% Milk	6 **Beef Stroganoff** Buttered Noodles *Cheesy Broccoli Whole Wheat Roll Butter *Orange 1% Chocolate Milk
9 **Coconut Curry Shirimp** Jasmine Rice *Roasted Broccoli Cucumber Salad Veggie Samosa *Mandarin 1% Milk	10 **Beef Chili** Cheese Onion S Cream Baked Potato *~Mixed Veggies WW Roll w Butter Apricot 1% Milk	11 **CLOSED** VETERANS DAY November 11th	12 **Salisbury Steak** Mash Potato *Cheesy Brussels Whole Wheat Roll Butter Peaches 1% Milk	13 VEG **Tomato Soup** w Grilled Cheese ~Baked Sweet Potato Italian Bean Salad *Jello w Mandarin Whole Wheat Cracker 1% Chocolate Milk
16 **Chicken Cordon Bleu** Mash Potato Chicken Gravy *~Mixed Veggies WW Roll w Butter Apple Sauce 1% Milk	17 **Spaghetti w Meat Sauce** Green Beans Garlic Bread Parmesan Cucumber Salad *Kiwi 1% Milk	18 **Chicken & Dumplings** ~Baked Sweet Potato Green Salad w Tomato *Fruit Salad WW Bread Pudding 1% Milk	19 **Philly Cheese Steak** w Bell Pepper Whole Wheat Hoagie Tater Tots *Roasted Broccoli Peaches 1% Chocolate Milk	20 **Carnitas Bowl** Brasied Pork w Rice Black Beans Tortilla Chips Salsa, Sour Cream *Orange 1% Milk
23 VEG **Minestrone Soup** Noodle & Kidney Bean *Cheesy Brussels Breaded Zucchini Whole Wheat Crackers Apricot 1% Milk	24 **Crab Stuffed Salmon** Creamy Risotto ~Sweet Potato Whole Wheat Roll Butter *Mandarin 1% Milk	25 **Turkey Dinner ^S** Mash Potato w Gravy Green Beans Stuffing *Cranberry Sauce Pumpkin Pie 1% Milk	26 **CLOSED** Happy Thanksgiving	27 **CLOSED**
30 **Clam Chowder** Garlic Green Beans ~Sweet Potato Tots Sourdough Roll Butter *Fruit Salad 1% Milk				



WHY DID THE TURKEY CROSS THE ROAD?

TO PROVE HE WASN'T CHICKEN!





$4.00 Suggested Lunch Contribution
Lunch served daily at 11:30 AM
~Vitamin A source
*Vitamin C Source
VEG Vegetarian
^ **S** Meal Contains > 1000mg of sodium
Each meal meets ⅓ minimum daily nutritional requirments

IN ALL Things GIVE Thanks

50th LOEL senior center ANNIVERSARY

Disco & Diamonds
GOLDEN ANNIVERSARY CELEBRATION
1976 - 2026

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Thank you for your generosity and support of LOEL and the seniors we serve.