

# November 2022 Menu Selections



		<i>TUESDAY, November 1</i>	<i>WEDNESDAY, November 2</i>	<i>THURSDAY, November 3</i>	<i>FRIDAY, November 4</i>	<i>SATURDAY, November 5</i>
		<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
		Cream of Wheat Scrambled with Cheese Hash Brown Patty	Grits French Toast Pork Sausage link	Cinnamon Oatmeal Sausage Egg Bake Assorted Scones	Cream of Wheat Scrambled Eggs Toasted Bagel	Brown Sugar Oatmeal Waffle Crispy Bacon
		<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
		Beef Stroganoff Egg Noodles Parslied Carrots  Breaded Cod French Fries  Dessert: Fruited Jello	Arroz Con Pollo Italian Mix  Sasuage & Peppers on a roll Tossed Salad Dessert: Ambrosia	Baked Ziti with Beef Peas and Pearl Onions  Chicken Salad on Wheat 3 Bean Salad  Dessert: Tropical Fruit	Chicken Adobo Jasmine Rice Carrot Coins  Baked Tilapia Garlic Mashed Potatoes  Dessert: Rosy Pears	Spaghetti & Meatballs Wax Beans Garlic Bread  Veggie Burger on a bun with lettuce & tomato  Dessert: Cinnamon Applesauce
		<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>
		Soup: Vegetable Barley  Tuna Noodle Casserole Winter Mix  Spinach Ricotta Cheese Quiche  Dessert: Poke Cake	Soup: Chicken Orzo  Hot Dog on a bun with Sauerkraut Baked Beans  Cheeseburger on a bun Diced Carrots  Dessert: Assorted Sherbert	Soup: Pasta Fagiolo  Crab Mac & Cheese Broccoli Cuts  Kielbasa & Sauerkraut Pierogies  Dessert: Pumpkin Pie	Soup: Lobster Bisque  BBQ Boneless Riblet French Fries Coleslaw  Turkey Burger on a bun Italian Mix  Dessert: Fresh Baked Cookies	Soup: Chicken Noodle  Chicken Nuggets Sweet Potato Fries Green beans  Grilled Tuna Melt  Dessert: Banana Cake

# November 2022 Menu Selections



SUNDAY, November 6	MONDAY, November 7	TUESDAY, November 8	WEDNESDAY, November 9	THURSDAY, November 10	FRIDAY, November 11	SATURDAY, November 12
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
Cream of Wheat  Cheese Omelet Toasted English Muffin	Brown Sugar Oatmeal  Buttermilk Pancakes Turkey Sausage links	Cream of Wheat  Scrambled with Cheese Assorted Muffin	Grits  French Toast Pork Sausage link	Cinnamon Oatmeal  Western Bake Coffee Cake	Cream of Wheat  Scrambled Eggs Toasted Bagel	Brown Sugar Oatmeal  Waffle Crispy Bacon
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
Veal & Peppers Buttered Noodles California Blend  Egg Salad on Wheat  Dessert: Ambrosia	Pulled Pork Sandwich Broccoli Cuts  Cheese Pizza  Dessert: Tapicoa Pudding	Cheesy Taco Pasta Green Beans  Spinach Mushroom Quiche  Dessert: Diced Pears	Chicken Franchise Potatoes O'Brien Roasted Zucchini  Ham Salad on a roll Pickled Beet Salad  Dessert: Fresh Fruit	Hot Dog on a Bun with Sauerkraut Baked beans  Cheeseburger on a bun French Fries  Dessert: Fruit Cocktail	Tomato Basil Flounder Rice Pilaf Capri  Eggplant Parm on a roll  Dessert: Butterscotch Pudding	Spaghetti & Meatsauce Ceaser Salad  Ham & Swiss on Wheat Potato Salad  Dessert: Diced Peaches
<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>
Soup: Cream of Broccoli  Baked Fish With Lemon Spanish Rice Creamed Spinach  Turkey Burger Melt  Dessert: Sweet Potato Pie	Soup: Egg Drop Soup  Sweet & Sour Pork Chop Fried Rice French Cut Green Beans  General Tso's Chicken  Dessert: Tropical Fruit	Soup: Cream of Celery  Stuffed Shells Winter Mix  Chicken Salad on white with Lettuce & Tomato Tossed Salad  Dessert: Baked Cherry Pie	Soup: Cream Of Potato  Famous Stuffed Cabbage Buttered White Rice Diced Carrots  Homemade Turkey Pot Pie  Dessert: Chocolate Cake	Soup: Beef & Barley  Macaroni & Cheese Stewed Tomatoes  Kielbasa & Sauerkraut Pierogies  Dessert: Assorted Pies	Soup: Cream of Mushroom  Chicken Burger on a bun with Lettuce & Tomato Broccoli  Tuna Salad on White  Dessert: Mandarin Oranges	Soup: Tomato Soup  Beef Ravioli Green Beans Garlic Bread  Broiled Fish with Dill Sauce Mashed Potato  Dessert: Chocolate Brownie

# November 2022 Menu Selections



SUNDAY, November 13	MONDAY, November 14	TUESDAY, November 15	WEDNESDAY, November 16	THURSDAY, November 17	FRIDAY, November 18	SATURDAY, November 19
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
Cream of Wheat  Cheese Omelet Toasted English Muffin	Brown Sugar Oatmeal  Blueberry Pancakes Turkey Sausage links	Cream of Wheat  Scrambled with Cheese Hash brown Patty	Grits  French Toast Pork Sausage link	Cinnamon Oatmeal  Sausage Egg Bake Assorted Scones	Cream of Wheat  Scrambled Eggs Toasted Bagel	Brown Sugar Oatmeal  Waffle Crispy Bacon
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
Herb Roasted Pork Loin Baked Potato California Blend  Egg Salad On a Roll  Dessert: Lemon Meringue Pie	Orange Chicken Buttered White Rice French Cut Green Beans  Pepperoni Pizza Tossed Salad  Dessert: Diced Peaches	Homemade Stuffed Pepper Buttered White Rice Diced Carrots  Cheese Ravioli Tossed Salad  Dessert: Banana pudding with Wafer	Beef Stew Egg Noodles Peas & Carrots Buttery Biscuit  Veggie Burger on a bun Lettuce & Tomato  Dessert: Sliced Pears	Salisbury Steak Mashed Potatoes Broccoli Florets  BBQ Chicken wings French Fries  Dessert: Blueberry Pie	Lemon Pepper Fish Buttered Orzo California mix  Mexican Lasagna  Dessert: Fresh Fruit	Angel Hair Pasta with Meatballs Capri Blend  Bologna & Cheese Sandwich 3 Bean Salad  Dessert: Rice Pudding & Cinnamon
<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>
Soup: Split Pea  Honey Garlic Chicken Mashed Potato Baby Carrots  Bratwurst on a Roll with Sauerkraut  Dessert: Pound Cake	Soup: Lentil  Cavitelli with Sausage in a garlic sauce Tossed Salad  Philly Cheesesteak Tater Tots  Dessert: Rice Pudding	Soup: Broccoli Cheese  Chicken Tenders BBQ Sauce French Fries Italian Mix  Tuna Noodle Casserole  Dessert: Tropical Fruit	Soup: Cream of Turkey  Sweet & Sour Chicken Breast Jasmine Rice Green Beans  Fried Fish on a roll Coleslaw  Dessert: Chocolate cream pie	Soup: Italian Wedding  Cheese Tortellini Alfredo Baby Carrots  Chicken Pot Pie  Dessert: Fruit Cocktail	Soup: French Onion  Macaroni & Cheese Stewed Tomatoes  Maryland Crab Cake French Fries Diced Carrots  Dessert: Dice Pears	Soup: Chicken Rice  BBQ Riblet on a bun Bermuda Mix  Vegetable Lasagna  Dessert: Fruited Jello

# November 2022 Menu Selections



SUNDAY, November 20	MONDAY, November 21	TUESDAY, November 22	WEDNESDAY, November 23	THURSDAY, November 24	FRIDAY, November 25	SATURDAY, November 26
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
Cream of Wheat  Cheese Omelet Toasted English Muffin	Brown Sugar Oatmeal  Buttermilk Pancakes Turkey Sausage links	Cream of Wheat  Scrambled with Cheese Assorted Muffin	Grits  French Toast Pork Sausage link	Cinnamon Oatmeal  Western Bake Coffee Cake	Cream of Wheat  Scrambled Eggs Toasted Bagel	Brown Sugar Oatmeal  Waffle Crispy Bacon
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
Sloppy Joe on a Bun Diced Carrots  Grilled Chicken on a bun with Lettuce & tomato  Dessert: Fresh Fruit	Lasagna Spinach roll Broccoli Cuts  Ham & Swiss on Wheat Coleslaw  Dessert: Strawberry Cream Pie	Smothered Pork Chops Candied Yams Green Beans  Hot Open Faced Roast Beef  Dessert: Diced Pears	BBQ Chicken Savory Stuffing Capri Blend Dinner Roll  Mac & Beef Casserole  Dessert: 	Thanksgiving  Roasted Turkey Cranberry Stuffing Fresh Cut Green Beans  Honey Glazed Ham Candied yams Creamed corn  Dessert: Pumpkin or Apple Pie	Garlic Butter Flounder Brown Rice Carrot Coins  Stuffed Pepper Casserole  Dessert: Peach Cobbler	Roasted Pork Loin Sweet Potato Normandy Mix  Cheese Ravioli  Dessert: Mandarin Oranges
<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>
Soup: Vegetable  Baked Chicken Thigh Mashed Potato Whole Kernel Corn  Cheese Manicotti Tossed Salad  Dessert: Spice cake	Soup: Lentil  Sausage Peppers & Onions Oven Roasted Potatoes Italian Mix  Hamburger on a bun Dill Pickle French Fries  Dessert: Baked Apples	Soup: Navy Bean  Turkey Salad on Wheat Pickled Beets  Personal Pizza Tossed Salad  Dessert: Tapicoa	Soup: Cream Of Potato  Salisbury Steak Mashed Potato Diced Carrots  Grilled Cheese with Tomato Dill Pickle  Dessert: Apple Crisp	Soup: Beef & Barley  Beef Ravioli Winter Mix Garlic Bread  Tuna Salad On White  Dessert: Fruit Cocktail	Soup: Split Pea  White Cheddar Macaroni & Cheese Broccoli Cuts  Fish Sticks Tater Tots  Dessert: Diced Pears	Soup: Alphabet Vegetable  Eggsalad on Croissant Pickled beet Salad  Baked Ziti With Cheese Capri  Dessert: Boston Cream Pie

# November 2022 Menu Selections



<i>SUNDAY, November 27</i>	<i>MONDAY, November 28</i>	<i>TUESDAY, November 29</i>	<i>WEDNESDAY, November 30</i>			
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>			
Cream of Wheat  Cheese Omelet Toasted English Muffin	Brown Sugar Oatmeal  Blueberry Pancakes Turkey Sausage links	Cream of Wheat  Scrambled with Cheese Hash Brown Patty	Grits  French Toast Pork Sausage Links			
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>			
Homemade Meatloaf Baked Potato Garden Mix  Veggie Burger On Bun with Lettuce & Tomato  Dessert: Fresh Fruit	Honey Mustard Chicken Garlic Mashed Potato Capri blend  Teriyaki Meatballs Brown Rice  Dessert: Pineapple upside down cake	Beef Stroganoff Egg Noodles Parslied Carrots  Breaded Cod French Fries  Dessert: Fruited Jello	Arroz Con Pollo Italian Mix  Sausage & Peppers on a roll Tossed Salad  Dessert: Ambrosia			
<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>			
Soup: Corn Chowder  Grilled Chicken Fetticini Alfredo Broccoli Florets  Bratwurst on a bun with Sauerkraut  Dessert: Chocolate Cream Pie	Soup: Tomato Rice  Homemade chili W/ cheese Buttered White Rice Green Beans Corn Bread  Chicken Stew Biscuit  Dessert: Dicied Peached	Soup: Vegetable Barley  Tuna Noodle Casserole Winter Mix  Spinach Ricotta Cheese Quiche  Dessert: Poke Cake	Soup: Chicken Orzo  Hot Dog on a bun with Sauerkraut Baked Beans  Cheeseburger on a bun Diced Carrots  Dessert: Assorted Sherbert			