

# November 2023 Menu Selections



			<i>Wednesday, November 1</i>	<i>Thursday, November 2</i>	<i>Friday, November 3</i>	<i>Saturday, November 4</i>
			<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
			Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sauage Breakfast Sandwich Choice of Toast Fresh Fruit Salad/Prunes  Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sauage Fresh Baked Muffin Choice of Toast Fresh Fruit Salad/Prunes  Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sauage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/Prunes  Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sauage French Toast Choice of Toast Fresh Fruit Salad/Prunes  Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam
			<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
			Manhattan Clam Chowder  Angel Hair Pasta w/ Marinara Sauce, Garlic Bread and a Side Salad OR Roast Beef Sandwich with Horseradish Sauce, Three Bean Salad and a Pickle  Chocolate Pudding	Potato Leek  Shrimp Po'Boy Sandwich with Homemade Potato Salad and a Pickle OR Grilled Chicken and Peach Salad with Corn Over Garden Greens  Fruited Jello	Autumn Soup  Steak and Provolone Melt on Garlic Bread with French Fries OR Fresh Fruit and Cottage Cheese Platter  Oatmeal Raisin Cookies	Hearty Vegetable  BBQ Riblet Sandwich with Onion Rings and Coleslaw OR Apple Salad w/ Bacon, Walnuts Blue Cheese Crumble Over Garden Greens  Rootbeer Floats
			<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>
			Butternut Squash  Creamy Chicken Stroganoff OR Baked Tilapia  <i>Side Dishes:</i> Egg Noodles Sauteed Zucchini Dinner Roll  Coconut Cake	Minestrone  Beef Goulash OR Cheese Pizza  <i>Side Dishes:</i> Elbow Noodles Steamed Carrots Gardem Salad  Tiramisu	Carrot Dill  Spaghetti and Meatballs OR Fish Florentine  <i>Side Dishes:</i> Roasted Potatoes Sauteed Spinach Garlic Bread  Pumpkin Pie	Turkey and Rice  Chicken & Broccoli Stir Fry OR Crab Cake  <i>Side Dishes:</i> Fried Rice Broccoli Florets Corn Niblets  Red Velvet Cake

# November 2023

## Menu Selections



<i>Sunday, November 5</i>	<i>Monday, November 6</i>	<i>Tuesday, November 7</i>	<i>Wednesday, November 8</i>	<i>Thursday, November 9</i>	<i>Friday, November 10</i>	<i>Saturday, November 11</i>
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sauage Breakfast Sandwich Choice of Toast Fresh Fruit Salad/Prunes  Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sauage Fresh Baked Pastry Choice of Toast Fresh Fruit Salad/Prunes  Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sauage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/Prunes  Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sauage Breakfast Sandwich Choice of Toast Fresh Fruit Salad/Prunes  Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sauage Fresh Baked Muffin Choice of Toast Fresh Fruit Salad/Prunes  Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sauage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/Prunes  Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sauage French Toast Choice of Toast Fresh Fruit Salad/Prunes  Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
Split Pea  Grilled Reuben Sandwich w/ Homemade Cucumber Salad and Potato Chips OR Antipasto Salad with Ham, Salami, Olives, Roasted Peppers & Mozzarella  Orange Creamsicle	Cream of Broccoli  Macaroni and Cheese with Glazed Carrots and Garden Peas OR Liverwurst and Onion on Rye with Celery Apple Salad  Mandarin Oranges	Beef Barley  Homemade Creamy Garlic Shrimp and Orzo with Garlic Bread OR Chicken Caesar Salad with Parmesan Cheese and Homemade Croutons  Rice Pudding	Manhattan Clam Chowder  Hotdog on a Bun with Sauerkraut, Baked Beans and Coleslaw OR Taco Salad with Guacamole, Salsa and Sour Cream Over Garden Greens  Banana parfait	Potato Leek  Stuffed Baked Potato with Bacon & Cheddar Cheese Garden Salad On the Side OR BLT Club with Homemade Macaroni Salad and Potato Chips  Peanut Butter Cookies	Autumn Soup  Cowboy BBQ Burger with BBQ Sauce and an Onion Ring, Potato Salad and Pickle OR Chef's Salad Platter Over Garden Greens with Your Choice of Dressing  Sliced Pears	Hearty Vegetable  Chicken Tenders with Honey Mustard, French Fries and Coleslaw OR Homemade Tuna Salad Platter Over Garden Greens Crackers On the Side  Pumpkin Ice Cream
<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>
Chicken Gumbo  Salisbury Steak with Gravy OR Tortellini with Marinara  <i>Side Dishes:</i> Scalloped Potatoes Garden Vegetables Dinner Roll  Lemon Pound Cake	Spinach and White Bean  Rotisserie Chicken OR Linguini w/ White Clam Sauce  <i>Side Dishes:</i> Candied Yams Sauteed Zucchini Pearl Onions  Carrot Cake	Chicken Noodle  Chili Con Carne OR Lemon Pepper Sole  <i>Side Dishes:</i> Cornbread Steamed Broccoli Corn Niblets  Warm Peach Cobbler	Butternut Squash  Creamy Spinach Pasta OR Broiled Flounder  <i>Side Dishes:</i> Roasted Potatoes Sauteed Spinach Garlic Bread  Blondie	Minestrone  French Onion Chicken Bake OR Vegetable Lo Mein  <i>Side Dishes:</i> Mashed Potatoes Glazed Carrots Steamed Asparagus  Pecan Pie	Carrot Dill  Penne a la Vodka OR Omelets Made to Order  <i>Side Dishes:</i> Mixed Vegetables Garden Salad Dinner Roll  Eclairs	Turkey and Rice  BBQ Spare Ribs OR Crab Cakes  <i>Side Dishes:</i> Baked Potato w/ Sour Cream Corn Niblets Green Beans  Strawberry Shortcake

# November 2023 Menu Selections



<i>Sunday, November 12</i>	<i>Monday, November 13</i>	<i>Tuesday, November 14</i>	<i>Wednesday, November 15</i>	<i>Thursday, November 16</i>	<i>Friday, November 17</i>	<i>Saturday, November 18</i>
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sauage Breakfast Sandwich Choice of Toast Fresh Fruit Salad/Prunes	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sauage Fresh Baked Pastry Choice of Toast Fresh Fruit Salad/Prunes	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sauage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/Prunes	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sauage Breakfast Sandwich Choice of Toast Fresh Fruit Salad/Prunes	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sauage Fresh Baked Muffin Choice of Toast Fresh Fruit Salad/Prunes	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sauage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/Prunes	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sauage French Toast Choice of Toast Fresh Fruit Salad/Prunes
Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
Split Pea	Cream of Broccoli	French Onion	Manhattan Clam Chowder	Potato Leek	Autumn Soup	Hearty Vegetable
Ranch Chicken Sandwich w/ Lettuce, Tomato, Cucumber Salad and Pickle OR Fresh Fruit and Cottage Cheese Platter	Shrimp Stir Fry Served Over Steamed Rice with Egg Roll and Fortune Cookie OR Cranberry, Apple, Turkey Salad with Toasted Walnuts and Berry Vinaigrette	Tuna Melt on English Muffin with Potato Chips and Pickle OR Salami and Provolone on Rye with Lettuce & Tomato Potato Chips and Pickle	French Bread Pizza with Fresh Garden Salad On the Side OR Southwest Chicken Salad w/ Corn, Black Beans, Red Pepper & Romaine Lettuce	Meatball Parmesan Sub with Onion Rings and Coleslaw OR Italian Sub Sandwich with Macaroni Salad and Pickle	Cheesy Chicken and Rice Casserole with Carrots and Peas OR Tuna Fish Sandwich with Lettuce, Tomato and Potato Chips	Spring Rolls w/ Dipping Sauce, Stir Fried Rice, Egg Roll and Fortune Cookie OR Homemade Egg Salad Platter Over Garden Greens with Crackers On the Side
Jello	Tapioca Pudding	Fruit Cocktail	Cranberry Orange Cookies	Oreo ice Cream Sandwich	Sliced Peaches	Snickerdoodle Cookies
<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>
Chicken Gumbo	Spinach and White Bean	Chicken Noodle	Butternut Squash	Minestrone	Carrot Dill	Turkey and Rice
Bacon Cheeseburger Casserole OR Parmesan Crusted Salmon	Sweet and Sour Pork OR Veggie Burger on Bun	Creamy Tortellini Sausage OR Broiled Haddock	Spiral Ham OR Western Quiche	Southern Fried Chicken OR Fettucini Alfredo	Butterfly Shrimp OR Ditalini, Peas and Ham	Oven Roasted Tuekey OR Stuffed Flounder
<i>Side Dishes:</i> Potato Pancakes Garden Vegetables Stewed Tomatoes	<i>Side Dishes:</i> Rice Pilaf Sauteed Zucchini Harvard Beets	<i>Side Dishes:</i> Baked Sweet Potato Broccoli Florets Garlic Bread	<i>Side Dishes:</i> Scalloped Potatoes Snap Peas Fuji Apples	<i>Side Dishes:</i> Mashed Potatoes Brussel Sprouts Dinner Rolls	<i>Side Dishes:</i> Au Gratin Potatoes Green Beans Cauliflower	<i>Side Dishes:</i> Candied Yams Asparagus Glazed Carrots
Vanilla Frosted Cake	Cream Puffs	Apple Dumpling	Pound Cake	Cannolis	Blueberry Pie	Cheesecake

# November 2023 Menu Selections



Sunday, November 19	Monday, November 20	Tuesday, November 21	Wednesday, November 22	Thursday, November 23	Friday, November 24	Saturday, November 25
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sauage Breakfast Sandwich Choice of Toast Fresh Fruit Salad/Prunes  Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sauage Fresh Baked Pastry Choice of Toast Fresh Fruit Salad/Prunes  Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sauage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/Prunes  Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sauage Breakfast Sandwich Choice of Toast Fresh Fruit Salad/Prunes  Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sauage Fresh Baked Muffin Choice of Toast Fresh Fruit Salad/Prunes  Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sauage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/Prunes  Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sauage French Toast Choice of Toast Fresh Fruit Salad/Prunes  Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
Split Pea  Crispy Fish Sticks with French Fries and Coleslaw OR Chicken Salad on White Toast with Beet Salad and Pickle  Chocolate Pudding	Cream of Broccoli  Chicken Quesadilla with Salsa, Sour Cream & Guac Mixed Black Bean and Corn OR Chef's Salad Platter Over Garden Greens with Your Choice of Dressing  Oatmeal Raisin Cookies	Tuscan Bread  Philly Cheesesteak with Sauteed Onions and French Fries OR Egg Salad Sandwich on White Toast with Three Bean Salad and Potato Chips  Chipwich Ice Cream	Manhattan Clam Chowder  Fish Filet Sandwich with Tartar Sauce, Lettuce, Tomato and Corn Niblets OR Tortellini Caprese Salad w/ Spinach and Mozzarella in a Balsamic Glaze  Pistachio Pudding	Potato Leek  California Cheeseburger with Lettuce, Tomato, French Fries and Pickle OR Cranberry, Apple, turkey Salad with Toasted Walnuts and Berry Vinaigrette  Fruited Jello	Autumn Soup  Kielbasa Rubeen Sandwich with Sauerkraut on Marble Rye and Potato Chips OR Tuna Stuffed Tomato with Garden Salad on the Side Your Choice of Dressing  Ice Cream Sundae	Hearty Vegetable  Monte Cristo Melt with Sweet Potato Fries and Pickle OR Antipasto Salad with Ham, Salami, Olives, Roasted Peppers & Mozzarella  Banana Pudding
<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>
Chicken Gumbo  Chicken Kiev OR Ravioli with Marinara  <i>Side Dishes:</i> Rice Pilaf Broccoli Florets Garlic Bread  Apple Cinnamon Cake	Spinach and White Bean  Pork Loin with Gravy OR Filet of Tilapia  <i>Side Dishes:</i> Baked Sweet Potato Sauteed Zucchini Fuji Apples  Chocolate Cake	Chicken Noodle  Mediterranean Shrimp Pasta OR Eggplant Rollatini  <i>Side Dishes:</i> Roasted Potatoes Glazed Carrots Steamed Peas  Lemon Bar	Butternut Squash  Chicken Cacciatore OR Arancini with Marinara  <i>Side Dishes:</i> Pasta Garden Vegetables Garden Salad  Apple Tart	Minestrone  Beef Goulash OR Fish Florentine  <i>Side Dishes:</i> Elbow Macaroni Green Beans Dinner Roll  Banana Cake	Carrot Dill  Meatloaf with Gravy OR Sole Almondine  <i>Side Dishes:</i> Mashed Potato Stewed Tomatoes Corn Niblets  Fresh Baked Cupcakes	Turkey and Rice  Spaghetti and Meatballs OR Broiled Cod Loin  <i>Side Dishes:</i> Sauteed Spinach Cauliflower Garlic Bread  Boston Cream Pie

# November 2023

## Menu Selections



<i>Sunday, November 26</i>	<i>Monday, November 27</i>	<i>Tuesday, November 28</i>	<i>Wednesday, November 29</i>	<i>Thursday, November 30</i>		
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>		
Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sauage Breakfast Sandwich Choice of Toast Fresh Fruit Salad/Prunes	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sauage Fresh Baked Pastry Choice of Toast Fresh Fruit Salad/Prunes	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sauage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/Prunes	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sauage Breakfast Sandwich Choice of Toast Fresh Fruit Salad/Prunes	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sauage Fresh Baked Muffin Choice of Toast Fresh Fruit Salad/Prunes		
Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam		
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>		
Tomato	Cream of Broccoli	Beef Barley	Manhattan Clam Chowder	Potato Leek		
Grilled Ham and Cheese with Potato Chips and Pickle OR Bagel and Lox with Cream Cheese, Red Onions, Capers and Tomato	Tomato & Fresh Mozzarella on a Ciabatta Roll with Sundried Tomato Orzo Salad OR Chicken Salad with Lemon and Dill Over Garden Greens	Homemade Quiche Lorraine with Fresh Fruit Salad On the Side OR Tuna Fish Sandwich on White Toast with Potato Chips and a Pickle	Angel Hair Pasta with Marinara Sauce, Garlic Bread and a Side Salad OR Roast Beef Sandwich with Horseradish Sauce, Three Bean Salad and Pickle	Shrimp Po'Boy Sandwich with Homemade Potato Salad and Pickle OR Grilled Chicken and Peach Salad with Corn Over Garden Greens		
Ice Cream Cone	Chocolate Chip Cookies	Peaches and Cream	Chocolate Pudding	Fruited Jello		
<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>		
Chicken Gumbo	Spinach and White Bean	Chicken Noodle	Butternut Squash	Minestrone		
Chicken Pot Pie OR Baked Haddock	Meatloaf with Gravy OR Sole Almondine	Honey Garlic Pork OR Arancini with Marinara	Creamy Chicken Stroganoff OR Baked Tilapia	Beef Goulash OR Cheese Pizza		
<i>Side Dishes:</i> Scalloped Potatoes Corn Niblets Steamed Peas	<i>Side Dishes:</i> Mashed Potatoes Garden Vegetables Garden Salad	<i>Side Dishes:</i> White Rice Creamed Spinach Pearl Onions	<i>Side Dishes:</i> Egg Noodles Sauteed Zucchini Dinner Roll	<i>Side Dishes:</i> Elbow Noodles Steamed Carrots Garden Salad		
Orange Frosted Cake	NAS Apple Pie	Chocolate Nut Brownie	Coconut Cake	Tiramisu		