

Elder Services' Nutrition Program

Menu subject to change without notice

**Modifications for restricted sugar available, ** High sodium meal

November 2008

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Macaroni & Cheese Stewed Tomatoes Peas & Pearl Onions 100 %Wheat Bread Peaches	4 Beef & Barley Soup Egg Salad Buttered Corn Hamburg Roll Apple Crisp*	5 Cabbage Casserole Glazed Carrots Spinach Rye Bread Puddingw/Topping*	6 Orange Glazed Chicken Buttered Noodles Broccoli Oatmeal Bread Pears	7 Liver & Bacon w/Onions Mashed Potatoes Green Beans Multi Grain Bread Cookie*
10 Potato Leek Soup Barbecue Pork Mixed Vegetables 100% Wheat Bread Applesauce	11 <p style="text-align: center;">Veterans Day</p>	12 Chicken w/Asparagus Brown Rice w/Bulgar Broccoli Multi Grain Bread Mixed Fruit	13 Goulash Peas w/Mushrooms Mixed Greens Sourdough Bread Pudding w/Topping*	14 Clam Chowder Baked Fish Winter Blend Vegetables Rye Bread Pineapple
17 Veal Parmesan Ziti w/Sauce Italian Green Beans Italian Bread Orange	18 Baked Chicken Red Potatoes Mixed Root Vegetables 100% Wheat Bread Pears	19 Ground Beef w/ Brown Gravy Buttered Egg Noodles Broccoli Biscuit Peaches w/Topping	20 Thanksgiving Dinner Roast Turkey w/Gravy Mashed Potatoes Butternut Squash Cranberry Sauce Wheat Dinner Roll Pumpkin Pie*	21 Salisbury Steak w/Gravy Irish Potatoes Peas & Carrots Rye Bread Mixed Fruit
24 Pepper Casserole Cauliflower au Gratin Carrots Multi Grain Bread Applesauce	25 Hot Dog** Baked Beans Sauerkraut Hot Dog Roll Pudding w/Topping*	26 Oriental Chicken Fried Rice Oriental Vegetables 100% Wheat Bread Pineapple	27 <p style="text-align: center;">Thanksgiving Day</p>	28 Beef Burgundy Buttered Noodles Braised Cabbage Rye Bread Pears

If you will not be home when your meal is delivered
 PLEASE TELL YOUR DRIVER OR CALL 1-800-961-5201

All contributions are returned to the community by helping cover the cost of nutrition programs and services.

SUGGESTED VOLUNTARY DONATION
 \$2.00 PER MEAL to help defray costs