



Let's Do Lunch!

November 2016

Monday	Tuesday	Wednesday	Thursday	Friday
31 Low Sodium Ham w/ Caramelized Pineapples Sweet Potato Soufflé Beets Dinner Roll w/ Margarine Orange Jell-O 1% Milk	1 Chicken Tortilla Stew Tossed Salad w/ Low Fat Dressing Cornbread w/ Margarine Apple Crisp 1% Milk	2 Loaded Potato Oriental Vegetables Biscuit w/ Margarine Fruit Cocktail 1% Milk	3 Turkey Ziti Zucchini w/ Corn & Peppers Bread Stick w/ Margarine Melon 1% Milk	4 Salisbury Steak w/ Grilled Onions & Brown Gravy Rice Pilaf Mixed Vegetables Dinner Roll w/ Margarine Orange 1% Milk
7 Shepherd's Pie Cauliflower & Broccoli Biscuit w/ Margarine Pineapple Chunks 1% Milk	8 Catfish w/ Sweet Sriracha Buttered Noodles Carrot Coins Wheat Roll w/ Margarine Sliced Peaches 1% Milk	9 Pork Green Chile Stew w/ Beans Green Beans w/ Red Peppers Low Sodium Crackers Warm Chocolate Cake w/ Powdered Sugar 1% Milk	10 Chicken Fried Steak Fingers w/ White Gravy Mashed Potatoes Calabacitas Tortilla w/ Margarine Apple 1% Milk	11 <p style="text-align: center;">CLOSED</p>
14 Omelet w/ Peppers & Onions Sautéed Potatoes Celery with Peanut Butter Wheat Bread w/ Margarine Warm Apricots w/ Cinnamon 1% Milk	15 Chicken Pot Pie Steamed Rice Spinach Sliced Peaches 1% Milk	16 Turkey Corn Dog w/ Ketchup and Mustard Macaroni & Cheese Cabbage Mandarin Oranges 1% Milk	17 Diced Potatoes w/ Peppers & Onions Smothered w/ Red Chile Meat Sauce & Cheese Brussel Sprouts Cauliflower Dinner Roll with Margarine Yogurt 1% Milk	18 Pork Chop w/ Onions & Apples Cornbread Stuffing Asparagus Bread Stick w/ Margarine Banana 1% Milk
21 Open Faced Burger w/ Cheese & Mushrooms Sweet Potato Soufflé Green Beans w/ Onions Dinner Roll w/ Margarine Apricots 1% Milk	22 Vegetable Soup Rice Pilaf Biscuit w/ Margarine Tapioca Pudding 1% Milk	23 Herb Roasted Turkey w/ Gravy Stuffing Corn Pudding Roll w/ Margarine Amanda's Banana Nut Bread 1% Milk	24 <p style="text-align: center;">CLOSED</p>	25 <p style="text-align: center;">CLOSED</p>
28 Liver & Onions w/ Brown Gravy Red Potatoes Mixed Vegetables Wheat Bread w/ Margarine Chocolate Pudding 1% Milk	29 Chicken Alfredo Green Beans w/ Red Peppers Whole Wheat Roll w/ Margarine Warm Pears w/ Cinnamon 1% Milk	30 Carne Adovada Enchiladas Pinto Beans Calabacitas Tortilla w/ Margarine Chocolate Chip Cookie 1% Milk	1 Beef Tips w/ Parmesan Rice Glazed Carrots Croissant w/ Margarine Warm Sliced Peaches 1% Milk	2 Salmon w/ Pineapples & Teriyaki Sauce Brown Rice Spinach Roll w/ Margarine Apple 1% Milk

We reserve the right to alter the menu to meet food availability.

Diabetic clients should not be given sugar and bread; only upon request.