



Mon	Tue	Wed	Thu	Fri
3 Spaghetti w/ Meat Sauce 8oz Garden Salad 8oz Applesauce 4oz Garlic Breadstick	4 Brunswick Stew 8oz Green Beans 4oz Crackers (2 packs) Banana	5 Southwest Chicken Bake 8oz Stewed Tomatoes 1oz Cottage Cheese 4oz Mandarin Oranges 4oz	6 Choice: Beef Cutlet 4oz or Liver w/ onions 4oz Mashed Potatoes & gravy 4oz Green Beans 4oz Wheat Roll	7 Lemon Baked Fish Filet 4oz Potato Wedges 4oz Carrots 4oz Pears 4oz
10 Beef Soft Taco 3oz w/ corn tortilla Cheese lettuce, tomato 1oz Mexican Rice 4oz Mixed Fruit 4oz	11 ** CLOSED ** 	12 Cheeseburger Soup 8oz Crackers (2 packs) Mashed Potato 4oz Herbed Green Beans 4oz Peaches 4oz	13  Cranberry Meatballs 3oz Baked Potato 4oz Carrots 4oz Banana Wheat Roll & Cake	14 BBQ Pork w/ bun 3oz Peas 4oz Pears 4oz Sweet Muffin Chips
17 Chili 8oz Garden Salad 8oz Peaches 4oz Cinnamon Roll	18 Ham & Cheese Sandwich 3oz Lettuce, Tomato, Onion 1oz Potato Soup 3oz Beets 4oz Orange or Banana	19 Fish Sandwich w/ bun 4oz Everfull Mixed Veggies 4oz Potato Salad 4oz Mixed Fruit 4oz	20 Turkey 3oz / Gravy 2oz Yams 4oz Green Beans 4oz Dressing 4oz Cranberry Sauce 4oz Wheat Roll Pumpkin Square	21 Tater Tot Casserole 5oz Cheese 1oz Stewed Tomatoes 4oz Stewed Apples 4oz
24 Cheeseburger 3oz w/bun Lettuce, Tomato Onion Potato Salad oz Baked Beans 4oz Peaches 4oz	25 Ham Chowder Soup 8oz 1/2 Ham/Cheese Sandwich 3oz Mashed Potato 4oz Mixed Fruit 4oz	26 Meatloaf 4oz Carrots 4oz Garlic Mashed Potatoes Blushing Pears 4oz	27 ** CLOSED ** 	28 ** CLOSED **  BLACK FRIDAY
*Milk is available to Congregate participants. *Powdered Milk is available for Home Delivery.		 Birthday Celebration November 13th		