

November 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
TO RESERVE OR CANCEL A MEAL CALL 641-792-7102 Toll Free 1-866-942-7102		Open-Faced Hot Turkey Sandwich (1) Mashed Potatoes & Gravy(1.5) Broccoli Fruit Cocktail (1.5) Chocolate Chip Cookie (1)	Fish Sandwich (1) Sweet Potato Tots (1.5) Brussels Sprouts Apricots (1) Mousse (2)	BBQ Chicken Creamed Potatoes (0.5) Mixed Vegetables (1) Plums (1) Pineapple Cake (1.5)
6	7	8	9	10
Mac & Cheese/Turkey Ham(1.5) Peas & Onions (0.5) Tropical Fruit (1) Vanilla Fruit Salad (1.5)	Taco Stew (1) Lima Beans (1) Crackers (1) Strawberry Whip Dessert (1) Banana (2)	Pork Roast Baked Squash (1.5) Zucchini & Tomatoes Peaches (1) Cherry Crisp (2)	Hamburger in Brown Gravy (0.5) Mashed Potatoes w/ Gravy(1.5) Seasoned Asparagus Pineapple (1)) Patriotic Poke Cake (2) Sack Lunch for Nov. 10	CLOSED FOR VETERAN'S DAY
13	14	15	16	17
Beefburger on Bun(1) Pickles Corn (1) Apricots (1) Banana (2)	Crispy Fish Fillet (1.5) Creamy Coleslaw (0.5) Blackeye Pea Salad(2) Pineapple (1) Peach Cake (1)	Beef Cabbage Soup Green Beans Tropical Fruit (1) Carrot Cake (2.5) Crackers (1) Birthday Day	Thanksgiving Meal Roast Turkey w/ Dressing (1) Candied Sweet Potatoes(2) Cranberry Salad (1) Green Beans (.5) Pumpkin Dessert (1)	Potato Bacon Soup (1.5) Spinach Salad (.5) Crackers (1) Pears (1) Fruited Gelatin (1)
20	21	22	23	24
Cooks Choice Chicken & Noodles (1.5) Mashed Potatoes (1.5) Green Beans (.5) Muffin (1) Fresh Apple (1)	Broccoli Cheddar Soup (0.5) Tuna Salad Sandwich(1) Carrots Apricots (1) Chocolate Pudding (1.5)	Scalloped Potatoes w/ Turkey Ham (1.5) Peas (0.5) Orange (1) Berry Crisp (2) Sack Lunch for Nov. 24	Thanksgiving  CLOSED	CLOSED
27	28	29	30	
Biscuits & Gravy (2) Hard Boiled Egg Green Peppers & Onions Pineapple (1) Applesauce (1)	Cooks Choice Swiss Steak Rice Green Beans Mixed Fruit Banana (2)	Goulash (1) Capri Vegetables (1) Garlic Bread (1) Fruit Cocktail (1) Oatmeal Cookie (1)	Cooks Choice Sloppy Joe Pea Salad Tator Tots Tropical Fruit Dessert	

*Salt shaker indicates meals that are above 800 mg of sodium.

**Milk offered with all meals. All meals meet 1/3 of the Recommended Dietary Allowances (RDA) for older adults. number in parentheses denotes the carbohydrate count for those with diabetes. Cook's Choice days are not with carbohydrate count.


Stephanie Labenz, MS, RD, LD