

# November 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b>	<b>2</b>
	<b>TO RESERVE OR CANCEL A MEAL CALL 641-792-7102 Toll Free 1-866-942-7102</b>		Chicken Pot Pie (2) Cauliflower Peaches (1) Oatmeal Raisin Cookie (2)	<b>COOK'S CHOICE</b> Beef Stew Green Beans Yogurt Apple
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
Scalloped Potatoes w/ Turkey Ham (1.5) Peas & Carrots (1) Tropical Fruit (1) Vanilla Fruit Salad (1.5)	Beef Patty in Gravy (0.5) Mashed Potatoes w/ Gravy(1.5) Seasoned Asparagus Pineapple (1) Peanut Butter Cake (2)	Pork Loin Baked Squash (1.5) Zucchini & Tomatoes Peaches (1) Cherry Crisp (2)	Taco Stew (1) Lima Beans (1) Crackers (1) Strawberry Whip Dessert (1) Banana (2)	Biscuits & Gravy (2) Hard Boiled Egg California Vegetables Apricots (1) Cinnamon Raisin Muffin (2)
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>CLOSED</b>	Hamburger on Bun (1.5) Lettuce & Tomato French Fries (1) Cole Slaw Apple (1)	Baked Potato w/ (1.5) Turkey Ham Cheese Sauce Broccoli Cuts Banana (2) Brownie (2)	Roast Turkey w/ Dressing (1) Candied Sweet Potatoes(2) Cranberry Salad (1) Seasoned Green Beans Pumpkin Crunch (1)	Egg Casserole (.5) Hash Brown Square (1) Carrot Slices Strawberries (1) Bran Muffin (1)
<b>VETERAN'S DAY</b>				
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
Lemon Fish Rice Pilaf (1) Capri Vegetables Autumn Fruit Salad (2) Butterscotch Pudding (.5)	Ham & Bean Soup (.5) Stewed Tomatoes (.5) Tropical Fruit (1) Fruited Yogurt (1.5) Corn Bread (1)	Deli Sandwich(1.5) Minestrone Soup (1) Crackers (1) Fruit Salad (1) Pineapple/Cherry Crisp (2.5)	<b>Thanksgiving</b> 	<b>CLOSED</b>
		<b>BIRTHDAY DAY</b>	<b>CLOSED</b>	
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
Salmon Loaf Carrots (1) Creamed Peas & Potato (1) Pears (1) Cherry Pink Cloud Dessert (2)	Beef & Broccoli Stir Fried Rice (1) Oriental Vegetables Fruit Cocktail (1) Chocolate Chip Cookie (1)	Beef Patty (1) Mashed Potatoes & Gravy (1) Spinach Cinnamon Peaches (1) Rice Krispie Bar (1)	<b>COOK'S CHOICE</b> Mac & Cheese w/Ham Tomatoes Green Beans Strawberries Ice Cream	Broccoli Cheddar Soup (0.5) 1/2 Tuna Salad Sandwich(1) Carrots Apricots (1) Choc Pudding w/Topping(1.5)

\*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 carbohydrate count.

  
Stephanie Labenz, MS,RD,LD