

NOVEMBER 2022 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<p>1 Breakfast Mayo, Egg Scramble, English Muffin Lunch Chicken Parmesan w/Penne Pasta, Italian Vegetables, Bread Stick Dinner Ham Salad Sandwich, Tater Tots, Watermelon</p>	<p>2 Breakfast Oatmeal, Pancakes w/Strawberry Topping Lunch Beef Tips, Spinach Salad, Whole Wheat Pasta Salad Dinner Shrimp Fajita over Rice w/ Peppers & Onions</p>	<p>3 Breakfast Cream of Wheat, Scrambled Egg, Toast Lunch Meatloaf w/ Gravy, Mashed Potato, Green Beans Dinner BBQ Turkey Tips, Brown Rice, Cauliflower</p>	<p>4 Breakfast Oatmeal, Fried Egg, Corned Beef Hash, Toast Lunch Baked Haddock, Rice Pilaf, California Vegetables Dinner Orange Chicken, Brown Rice, Oriental Vegetables</p>	<p>5 Breakfast Cream of Rice, Pepper & Onion Scramble, Croissant Lunch Macaroni & Cheese, Stewed Tomatoes Dinner Garlic Ginger Pork, Green Beans, Lo Mein</p>	<p>6 Breakfast Mayo, Pumpkin Pancakes, Sausage Lunch Greek Chicken w/Lemon, Barley Pilaf, Green Beans w/Red Peppers Dinner Pasta with Meat Sauce, Garlic Bread, Zucchini</p>
<p>7 Breakfast Oatmeal, Cheesy Scramble, Toast Lunch Jerk Chicken, Roasted Brussel Sprouts, Mashed Potatoes Dinner Pepperoni Pizza, Honeydew Cucumber Salad</p>	<p>8 Breakfast Mandarin Orange, Cream of Wheat, Hay Stack Eggs Lunch Shepherd's Pie, Zucchini Dinner Chicken Fingers, Tater Tots, New Brunswick Vegetables</p>	<p>9 Breakfast Mayo, Pancakes & Syrup, Bacon Lunch Italian Sausage, Couscous Salad, Watermelon Dinner Cheese Ravioli w/Tomato Sauce, Roasted Eggplant</p>	<p>10 Breakfast Banana, Oatmeal, Vegetable Quiche Lunch Creole Meatballs Rice Pilaf, Green Beans Dinner Chicken Parmesan Sandwich, Sweet Potato Tots</p>	<p>11 Breakfast Cream of Rice, Pancakes w/Apple Compote, Sausage Lunch Baked Haddock, Asparagus, Baked Potato Dinner Pizza, Cucumber Salad</p>	<p>12 Breakfast Watermelon, Cream of Wheat, Cheesy Scramble Lunch Turkey Vegetable Casserole, Baked Sweet Potato Dinner Egg Salad Sandwich, Lettuce & Tomato, Cous Cous Salad</p>	<p>13 Breakfast Oatmeal, Egg & Vegetable Soufflé, Toast Lunch Roast Pork w/ Apple Sauce, Red Skin Potatoes, Carrots, Applesauce Dinner Chicken Tenders, Tater Tots, Marinated Vegetables</p>
<p>14 Breakfast Oatmeal, Western Scrambled Eggs, Toast Lunch Meatloaf w/Gravy, Mashed Potatoes, Baby Carrots Dinner Chicken Pot Pie Winter Blend Vegetables</p>	<p>15 Breakfast Cream of Wheat, Pancake, Bacon, Maple Syrup Lunch Corned Beef and Cabbage Dinner, Turnips, Carrots, Boiled Potatoes Dinner Macaroni & Cheese, Capri Vegetable</p>	<p>16 Breakfast Mayo, Egg & Cheese Croissant Lunch Chicken Cacciatore, Zucchini, Spaghetti, Garlic Bread Dinner Roast Pork, Beets, Rice</p>	<p>17 Breakfast Banana, Oatmeal, Scrambled Egg, Toast Lunch Riblet with Sauce, Baby Carrots, Baked Beans Dinner Lasagna & California Blend</p>	<p>18 Breakfast Cream of Rice, French Toast, Sausage Lunch Baked Fish w/Lemon, Baked Potato, Green Beans Dinner Hot Turkey Sandwich, Squash, Cranberry Sauce</p>	<p>19 Breakfast Mayo, Cheesy Egg Scramble, White Toast Lunch Pork Pie, Corn Dinner Fish Nuggets, Tater Tots, Coleslaw</p>	<p>20 Breakfast Cream of Wheat, Egg Soufflé, Cranberry Muffin Lunch Beef Stroganoff over Egg Noodles, Brussel Sprouts Dinner Chicken Piccata, Garlic Spinach & Orzo</p>
<p>21 Breakfast Oatmeal, Waffle, Bacon Lunch Shepherd's Pie, Mixed Vegetables, Corn Muffin Dinner Chicken Alfredo Tortellini, Broccoli</p>	<p>22 Breakfast Cream of Wheat, French Toast and Sausage Lunch Roast Pork, Braised Red Cabbage, Scalloped Potatoes Dinner Chicken Pot Pie, Roasted Butternut</p>	<p>23 Breakfast Oatmeal, Scrambled Eggs, Hash Brown Potatoes Lunch Stuffed Cabbage, Mixed Vegetables, Mashed Potato Dinner Macaroni & Cheese, Stewed</p>	<p>24 Breakfast Banana, Cream of Rice, French Toast, Bacon Lunch Roast Turkey Dinner, Butternut Squash, Mashed Potato, Stuffing, Cranberry Sauce Dinner Beef Stew & a Biscuit</p>	<p>25 Breakfast Western Haystack Eggs, Mayo, Wheat Toast Lunch Baked Haddock, Rice, Glazed Carrots Dinner Beef Tomato Cavatappi, Zucchini</p>	<p>26 Breakfast Cream of Wheat, Scrambled Eggs, Blueberry Coffee Cake Lunch Chicken Tenders, Green Beans, Garlic Mashed Potato Dinner Shrimp Scampi, Penne Pasta, Mixed Vegetable</p>	<p>27 Breakfast Oatmeal, Pancake, Sausage Lunch Stuffed Shells, Garlic Toast & Italian Blend Dinner Meatloaf with Gravy, Broccoli, Red Skin Potatoes</p>
<p>28 Breakfast Oatmeal, French Toast & Sausage Lunch Honey Ginger Pork, Green Beans, Mashed Potatoes Dinner Seafood Oscar, Asparagus, Rice Pilaf</p>	<p>29 Breakfast Mayo, Hard Boiled Egg, Bran Muffin Lunch Mediterranean Chicken Piccata, Zucchini, Rice Pilaf Dinner Beef Stroganoff, Bow Tie Pasta, Beets</p>	<p>30 Breakfast Cream of Wheat, Cheesy Egg Scramble, Hash Brown Lunch Salisbury Steak, Italian Green Beans, Mashed Potato Dinner Chicken Cacciatore, Fettuccini, Zucchini</p>				