






# NOVEMBER MENU 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			<p><b>1 Breakfast</b> Maypo, Banana Pancakes, Bacon  <b>Lunch</b> Chicken Marsala, Oven Browned Potatoes, Green Beans  <b>Dinner</b> Alfredo Pasta w/Cheese, Italian Blend Vegetables, Garlic Bread</p>	<p><b>2 Breakfast</b> Cream of Rice, Scrambled Egg w/Ham  <b>Lunch</b> Stuffed Cabbage, Mashed Potatoes  <b>Dinner</b> Roast Turkey on Toast Points w/Gravy, Squash, Cranberry Sauce</p>	<p><b>3 Breakfast</b> Oatmeal, Hash Browned Potatoes, Hard Boiled Egg  <b>Lunch</b> BBQ Beef, Lo Mein Salad, Superslaw  <b>Dinner</b> Vegetable Quiche, Fruit Salad</p>	<p><b>4 Breakfast</b> Cream of Wheat, French Toast, Bacon  <b>Lunch</b> Veal Cutlet, Prince Edward Blend Vegetables, Vegetable Rice Pilaf  <b>Dinner</b> Sesame Chicken, Vegetable Brown Rice</p>
<p><b>5 Breakfast</b> Oatmeal, Pancake, Bacon  <b>Lunch</b> Shepherd's Pie, Corn Muffin  <b>Dinner</b> Tuna Salad Plate, Lettuce &amp; Tomato, Super Slaw, Roll</p>	<p><b>6 Breakfast</b> Cream of Wheat, Hard Boiled Egg, Donut  <b>Lunch</b> Lemon Chicken, Oven Browned Potatoes, Asparagus  <b>Dinner</b> Haddock Florentine, Carrots, Mashed Potato</p>	<p><b>7 Breakfast</b> Oatmeal, Western Soufflé, Hash Brown Potatoes  <b>Lunch</b> Hamburger or Cheeseburger, Peppers &amp; Onions, Bowtie Pasta Salad  <b>Dinner</b> Sweet Ah-So Pork, Asian Vegetables, Brown Rice</p>	<p><b>8 Breakfast</b> Cream of Rice, French Toast, Bacon  <b>Lunch</b> Turkey Dinner, Squash, Mashed Potato, Stuffing, Cranberry Sauce  <b>Dinner</b> Chicken Salad In A Hot Dog Roll, Mandarin Orange Salad, Potato Salad</p>	<p><b>9 Breakfast</b> Maypo, Ham &amp; Cheese Egg Croissant  <b>Lunch</b> Baked Haddock, Rice Pilaf, Broccoli  <b>Dinner</b> Macaroni &amp; Cheese, Stewed Tomatoes</p>	<p><b>10 Breakfast</b> Cream of Wheat, Cheesy Scramble, Toast  <b>Lunch</b> Spaghetti w/ Meat Sauce, Zucchini, Italian Bread  <b>Dinner</b> Seafood Salad On A Bed Of Lettuce, White Bean Asparagus Salad, Potato Salad</p>	<p><b>11 Breakfast</b> Oatmeal, Pancake, Sausage  <b>Lunch</b> Roast Beef, Gravy, Baked Potato, Green Beans  <b>Dinner</b> Chicken Teriyaki, Jasmine Rice, Asian Vegetables</p>
<p><b>12 Breakfast</b> Oatmeal, Western Scrambled Eggs, Toast  <b>Lunch</b> Meatloaf w/Gravy, Mashed Potatoes, Baby Carrots  <b>Dinner</b> Quiche Lorraine, Fruit Salad</p>	<p><b>13 Breakfast</b> Cream of Wheat, Waffle, Bacon, Maple Syrup  <b>Lunch</b> Corned Beef and Cabbage Dinner, Turnips, Carrots, Boiled Potatoes  <b>Dinner</b> Macaroni &amp; Cheese, Capri Vegetable</p>	<p><b>14 Breakfast</b> Maypo, Egg &amp; Cheese Croissant  <b>Lunch</b> Chicken Cacciatore, Zucchini, Spaghetti, Garlic Bread  <b>Dinner</b> Roast Pork, Beets, Rice</p>	<p><b>15 Breakfast</b> Oatmeal, Scrambled Egg, Toast  <b>Lunch</b> Baked Ham w/Raisin Sauce, Baby Carrots, Baked Beans  <b>Dinner</b> Beef Pot Pie, Broccoli, Biscuit</p>	<p><b>16 Breakfast</b> Cream of Rice, French Toast, Sausage  <b>Lunch</b> Baked Fish w/Lemon, Baked Potato, Green Beans  <b>Dinner</b> Hot Turkey Sandwich, Squash, Cranberry Sauce</p>	<p><b>17 Breakfast</b> Maypo, Cheesy Egg Scramble, White Toast  <b>Lunch</b> Pork Pie, Corn  <b>Dinner</b> Hot Roast Beef Sandwich, California Vegetables, Sweet Potato</p>	<p><b>18 Breakfast</b> Cream of Wheat, Egg Soufflé, Blueberry Muffin  <b>Lunch</b> Beef Stroganoff over Egg Noodles, Brussel Sprouts  <b>Dinner</b> Chicken Marsala, Sautéed Mushrooms, Garlic Mashed Potato</p>
<p><b>19 Breakfast</b> Oatmeal, Waffle, Bacon  <b>Lunch</b> Shepherd's Pie, California Mixed Vegetables, Corn Muffin  <b>Dinner</b> Sesame Chicken, Broccoli, Brown Rice</p>	<p><b>20 Breakfast</b> Cream of Wheat, French Toast &amp; Sausage, Maple Syrup  <b>Lunch</b> Roast Pork, Braised Red Cabbage, Scalloped Potatoes  <b>Dinner</b> Chicken Pot Pie, Spinach</p>	<p><b>21 Breakfast</b> Oatmeal, Scrambled Eggs, Hash Brown Potatoes  <b>Lunch</b> Stuffed Cabbage, Mixed Vegetable, Mashed Potato  <b>Dinner</b> Macaroni &amp; Cheese, Stewed Tomatoes</p>	<p><b>22 Breakfast</b> Banana, Cream of Rice, French Toast, Apple Compote, Bacon, Maple Syrup  <b>Lunch</b> Roast Turkey, Butternut Squash, Mashed Potatoes, Stuffing and Cranberry Sauce  <b>Dinner</b> Beef Teriyaki, Rice, Asian Vegetable</p>	<p><b>23 Breakfast</b> Western Haystack Eggs, Maypo, Wheat Toast  <b>Lunch</b> Baked Haddock, Rice, Glazed Carrots  <b>Dinner</b> Beef Tomato Cavatappi, Zucchini</p>	<p><b>24 Breakfast</b> Cream of Wheat, Scrambled Eggs, Blueberry Coffee Cake  <b>Lunch</b> Chicken Tenders, Corn, Garlic Mashed Potatoes  <b>Dinner</b> Shrimp Scampi, Penne Pasta, Mixed Vegetable</p>	<p><b>25 Breakfast</b> Oatmeal, Pumpkin Pancake, Sausage  <b>Lunch</b> Veal Cutlet w/Gravy, Garlic Mashed Potatoes, Carrots  <b>Dinner</b> Meatloaf w/Gravy, Broccoli, Red Skin Potatoes</p>
<p><b>26 Breakfast</b> Oatmeal, French Toast &amp; Bacon, Maple Syrup  <b>Lunch</b> Beef Tips, Sautéed Mushrooms, Mashed Potatoes  <b>Dinner</b> Ravioli w/Sauce, Asparagus</p>	<p><b>27 Breakfast</b> Maypo, Hard Boiled Egg, Bran Muffin  <b>Lunch</b> Mediterranean Chicken Picatta, Zucchini, Rice Pilaf  <b>Dinner</b> Cheddar Ranch Burger, Coleslaw</p>	<p><b>28 Breakfast</b> Cream of Wheat, Cheesy Scramble, Hash Browns  <b>Lunch</b> Stuffed Shells w/Sauce, Wax Beans  <b>Dinner</b> Roast Center Cut Pork Loin, Carrots, Mashed Potato, Gravy</p>	<p><b>29 Breakfast</b> Banana, Oatmeal, Blueberry Pancakes, Maple Syrup, Sausage  <b>Lunch</b> Sloppy Joe on a Bun, Corn  <b>Dinner</b> Cranberry Glazed Turkey, Brussel Sprouts, Stuffing &amp; Gravy</p>	<p><b>30 Breakfast</b> Cream of Rice, Scrambled Egg, Danish Pastry  <b>Lunch</b> Baked Haddock, Spinach, Sweet Potatoes, Roll  <b>Dinner</b> Beef Stew, Beets, Dinner Roll</p>		

