

NOVEMBER 2023 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 Breakfast Oatmeal, Hash Brown Potatoes, Hard Boiled Egg Lunch BBQ Beef, Potato Salad, Superslaw Dinner Chicken Tenders, Broccoli, Sweet Potato	2 Breakfast Cream of Wheat, French Toast, Bacon Lunch Roast Pork, Prince Edward Blend Vegetables, Mashed Potatoes Dinner Sesame Chicken Brown Rice, Vegetable Blend	3 Breakfast Maypo, Bacon & Cheese Quiche Lunch Baked Haddock, Italian Vegetables, Sweet Potato Dinner Meatloaf, Mashed Potatoes, Vegetable of the Day	4 Breakfast Oatmeal, Pancakes Lunch Hot Dog in a Roll, Baked Beans, Pickled Beets Dinner Lemon Sage Chicken Thighs, Baby Carrots, Parsley Potatoes	5 Breakfast Cream of Rice, Cheesy Egg Scramble, Toast Lunch Marinated Flank Steak, Brussel Sprouts, Mashed Potato Dinner Macaroni & Cheese, Spanish Green Beans
6 Breakfast Oatmeal Ham and Cheese Quiche Lunch Swedish Meatballs, Egg Noodles, Broccoli Dinner Italian Sausage, Potatoes O'Brien, Carrots	7 Breakfast Banana, Cream of Rice, Blueberry Pancakes, Sausage Lunch Roast Pork w/Dijon Cream Sauce, Sweet Potatoes, Veggies Dinner Spaghetti w/Meatballs, Red Sauce, Italian Blend Vegetables	8 Breakfast Maypo, Scrambled Eggs, Toast, Bacon Lunch Chicken Supreme, Vegetable of the day, Twice Baked Potato Dinner Stuffed Peppers, Wax Beans, Mashed Potatoes	9 Breakfast Cream of Wheat, Egg Soufflé, Coffee Cake Lunch Beef Tips w/Mushroom Gravy, Green Beans, Baked Potato Dinner Rosemary Pork with Gravy, Roasted Squash, Mashed Potato	10 Breakfast Oatmeal, French Toast, Sausage Lunch Baked Fish w/Lemon, Asparagus, Oven Browned Potatoes Dinner Meatloaf with Gravy, Scalloped Potatoes, Mixed Vegetables	11 Breakfast Cream of Rice, Scrambled Eggs, Banana Muffin Lunch Tortellini Alfredo, Capri Vegetables, Italian Bread Dinner BBQ Chicken Thighs, Mashed Potato, Coleslaw	12 Breakfast Maypo, Waffle with Berry Sauce Lunch Chicken Chasseur, Butternut Squash, Garlic Mashed Potato Dinner Pepperoni Pizza & Zucchini
13 Breakfast Oatmeal, Western Scrambled Eggs, Whole Wheat Toast Lunch Meatloaf w/Gravy, Mashed Potatoes, Baby Carrots Dinner Chicken Pot Pie Winter Blend Vegetables	14 Breakfast Cream of Wheat, Pancake, Bacon Lunch Corned Beef and Cabbage Dinner, Turnips, Carrots, Boiled Potatoes Dinner Macaroni & Cheese, Capri Vegetable	15 Breakfast Maypo, Egg & Cheese Croissant Lunch Chicken Cacciatore, Zucchini, Spaghetti, Garlic Bread Dinner Roast Pork, Beets, Rice	16 Breakfast Banana, Oatmeal, Scrambled Egg, White Toast Lunch Boneless Pork Rib, Baby Carrots, Baked Beans Dinner Lasagna & California Blend Vegetables	17 Breakfast Cream of Rice, French Toast, Sausage Patty Lunch Baked Fish w/Lemon, Baked Potato, Green Beans Dinner Hot Turkey Sandwich, Squash, Cranberry Sauce	18 Breakfast Maypo, Cheesy Egg Scramble Lunch Pork Pie and Corn Dinner Pizza and Salad	19 Breakfast Cream of Wheat, Ham and Cheese Quiche, Cranberry Muffin Lunch Beef Stroganoff over Egg Noodles, Brussel Sprouts Dinner Chicken Piccata, Italian Blend Vegetables & Orzo Pasta
20 Breakfast Oatmeal, Waffle, Bacon Lunch Shepherd's Pie, Mixed Vegetables, Corn Muffin Dinner Chicken Alfredo Tortellini, Broccoli	21 Breakfast Cream of Wheat, French Toast and Sausage Patty Lunch Roast Pork, Braised Red Cabbage, Scalloped Potatoes Dinner Chicken Pot Pie, Roasted Butternut Squash	22 Breakfast Oatmeal, Scrambled Eggs, Hash Brown Potatoes Lunch Stuffed Cabbage, Mixed Vegetables, Mashed Potato Dinner Macaroni & Cheese, Stewed Tomatoes	23 Breakfast Banana, Cream of Rice, Pumpkin Lunch Pancake Bacon Lunch Roast Turkey Dinner , Butternut Squash, Mashed Potato, Stuffing, Cranberry Sauce Dinner Beef Stew & a Biscuit	24 Breakfast Western Haystack Eggs, Maypo, Whole Wheat Toast Lunch Baked Haddock, Rice, Glazed Carrots Dinner Beef Tomato Cavatappi, Zucchini	25 Breakfast Cream of Wheat, Scrambled Eggs, Blueberry Coffee Cake Lunch Chicken Tenders, Green Beans, Garlic Mashed Potato Dinner Shrimp Scampi, Penne Pasta, Mixed Vegetable	26 Breakfast Oatmeal, Pancake, Sausage Patty Lunch Stuffed Shells, Garlic Bread & Italian Blend Vegetables Dinner Meatloaf with Gravy, Broccoli, Red Skin Potatoes
27 Breakfast Oatmeal, French Toast & Sausage Lunch Honey Ginger Pork, Green Beans, Mashed Potatoes Dinner Salmon, Cape Cod Vegetables, Roasted Potatoes	28 Breakfast Maypo, Hard Boiled Egg, Bran Muffin Lunch Mediterranean Chicken Piccata, Orzo Pasta Dinner Beef Stroganoff, Bow Tie Pasta, Beets	29 Breakfast Cream of Wheat, Blueberry Pancake, Sausage Lunch Salisbury Steak, Italian Green Beans, Corn Bread Dinner Chicken Cacciatore, Fettuccini, Zucchini	30 Breakfast Oatmeal, Cheesy Egg Scramble, Hash Browns Lunch Sloppy Joe on a bun, Corn Dinner Chicken Biscuit Casserole, Brussel Sprouts			

