



# NOVEMBER MENU 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		 <small>© Can Stock Photo</small>			<b>1 Breakfast</b> Oatmeal, Pancake, Sausage <b>Lunch</b> Veal Cutlet with Gravy, Garlic Mashed Potatoes, Carrots <b>Dinner</b> Meatloaf with Gravy, Broccoli, Red Skin Potatoes	
<b>2 Breakfast</b> Oatmeal, French Toast & Sausage <b>Lunch</b> Beef Tips, Green Beans, Mashed Potatoes <b>Dinner</b> Ravioli with Sauce, Asparagus	<b>3 Breakfast</b> Maypo, Hard Boiled Egg, Bran Muffin <b>Lunch</b> Mediterranean Chicken Picatta, Zucchini, Rice Pilaf <b>Dinner</b> Beef Stroganoff, Bow Tie Pasta, Beets	<b>4 Breakfast</b> Cream of Wheat, Cheesy Egg Scramble, Hash Brown <b>Lunch</b> Roast Pork Loin, Carrots, Mashed Potato, Gravy <b>Dinner</b> Chicken Cacciatore, Fettuccini, Zucchini	<b>5 Breakfast</b> Oatmeal, Blueberry Pancakes, Sausage <b>Lunch</b> Sloppy Joe on a bun, Corn <b>Dinner</b> Cranberry Glazed Turkey, Brussel Sprouts, Stuffing & Gravy	<b>6 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	<b>7 Breakfast</b> Oatmeal, Pancake with Berry Sauce, Toast <b>Lunch</b> Hot Dog in a bun, Coleslaw, Baked beans <b>Dinner</b> Chicken Parmesan, Orzo, Italian Blend Vegetables	<b>8 Breakfast</b> Cream of Wheat, Waffles, Sausage <b>Lunch</b> Ham Steak, Cauliflower, Sweet Potatoes <b>Dinner</b> Chicken Tenders, Veg Of The Day, Rice
<b>9 Breakfast</b> Oatmeal Ham and Cheese Quiche <b>Lunch</b> Swedish Meatballs, Egg Noodles, Broccoli <b>Dinner</b> Pepper Steak, White Rice, Oriental Vegetables	<b>10 Breakfast</b> Banana, Cream of Rice, Blueberry Pancakes, Sausage <b>Lunch</b> Roast Pork w/Dijon Cream Sauce, Sweet Potatoes, Veggies <b>Dinner</b> Spaghetti w/Meatballs, Red Sauce, Spinach	<b>11 Breakfast</b> Maypo, Scrambled Eggs, Toast, Bacon <b>Lunch</b> Chicken Supreme, Mixed Vegetable, Twice Baked Potato <b>Dinner</b> Stuffed Peppers, Wax Beans, Mashed Potatoes	<b>12 Breakfast</b> Cream of Wheat, Egg Soufflé, Coffee Cake <b>Lunch</b> Beef Tips w/Mushroom Gravy, Green Beans, Baked Potato <b>Dinner</b> Thanksgiving Casserole, Carrots	<b>13 Breakfast</b> Oatmeal, French Toast, Sausage <b>Lunch</b> Baked Fish w/Lemon, Asparagus, Oven Browned Potatoes <b>Dinner</b> Italian Meatloaf with Gravy, Scalloped Potatoes, Cauliflower	<b>14 Breakfast</b> Cream of Rice, Scrambled Eggs, Banana Muffin <b>Lunch</b> Tortellini Alfredo, Capri Vegetables, Italian Bread <b>Dinner</b> Creamy Mustard Chicken Thighs, Carrots, Herbed Couscous	<b>15 Breakfast</b> Maypo, Waffle with Berry Sauce <b>Lunch</b> Chicken Chasseur, Butternut Squash, Garlic Mashed Potato <b>Dinner</b> Pepperoni Pizza & Zucchini
<b>16 Breakfast</b> Oatmeal, Western Scrambled Eggs, Toast <b>Lunch</b> Meatloaf w/Gravy, Mashed Potatoes, Baby Carrots <b>Dinner</b> Chicken Pot Pie Wax Beans	<b>17 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 & Cheese, Capri Vegetable	<b>18 Breakfast</b> Maypo, Egg & Cheese Croissant <b>Lunch</b> Chicken Cacciatore, Zucchini, Spaghetti, Garlic Bread <b>Dinner</b> Roast Pork, Beets, Rice	<b>19 Breakfast</b> Banana, Oatmeal, Scrambled Egg, Toast <b>Lunch</b> Riblet with Sauce, Baby Carrots, Baked Beans <b>Dinner</b> Lasagna & Broccoli	<b>20 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	<b>21 Breakfast</b> Maypo, Cheesy Egg Scramble, White Toast <b>Lunch</b> Pork Pie, Corn <b>Dinner</b> Shredded Mexican Beef Hoagie & Zucchini Queso	<b>22 Breakfast</b> Cream of Wheat, Egg Soufflé, Cranberry Muffin <b>Lunch</b> Beef Stroganoff over Egg Noodles, Brussel Sprouts <b>Dinner</b> Chicken Piccata, Garlic Spinach & Orzo
<b>23 Breakfast</b> Oatmeal, Waffle, Bacon <b>Lunch</b> Shepherd's Pie, Mixed Vegetables, Corn Muffin <b>Dinner</b> Chicken Pesto, Broccoli, Brown Rice	<b>24 Breakfast</b> Cream of Wheat, French Toast and Sausage <b>Lunch</b> Roast Pork, Braised Red Cabbage, Scalloped Potatoes <b>Dinner</b> Chicken Pot Pie, Spinach	<b>25 Breakfast</b> Oatmeal, Scrambled Eggs, Hash Brown Potatoes <b>Lunch</b> Stuffed Cabbage, Mixed Vegetables, Mashed Potato <b>Dinner</b> Macaroni & Cheese, Stewed Tomatoes	<b>26 Breakfast</b> Banana, Cream of Rice, French Toast, Bacon <b>Lunch</b> Roast Turkey Dinner, Butternut Squash, Mashed Potato, Stuffing, Cranberry Sauce <b>Dinner</b> Chicken Tortilla Casserole, Summer Squash	<b>27 Breakfast</b> Western Haystack Eggs, Maypo, Wheat Toast <b>Lunch</b> Baked Haddock, Rice, Glazed Carrots <b>Dinner</b> Beef Tomato Cavatappi, Zucchini	<b>28 Breakfast</b> Cream of Wheat, Scrambled Eggs, Blueberry Coffee Cake <b>Lunch</b> Chicken Tenders, Green Beans, Garlic Mashed Potato <b>Dinner</b> Shrimp Scampi, Penne Pasta, Mixed Vegetable	<b>2 Breakfast</b> Oatmeal, Pancake, Sausage <b>Lunch</b> Veal Cutlet with Gravy, Garlic Mashed Potatoes, Carrots <b>Dinner</b> Meatloaf with Gravy, Broccoli, Red Skin Potatoes <sup>9</sup>
<b>30 Breakfast</b> Oatmeal, French Toast & Sausage <b>Lunch</b> Beef Tips, Green Beans, Mashed Potatoes <b>Dinner</b> Ravioli with Sauce, Asparagus						