



Please sign up or call site directly for reservations 24 hours in advance

**Suggested donation: \$3.75**

Guests under 60 may purchase a meal for \$10.00  
Any additional contribution is greatly appreciated.  
No registered senior over 60 will be refused a meal  
due to lack of funds.

Mon	Tue	Wed	Thu	Fri
<p><b>1</b></p> <p>Herb Baked Chicken Endive Soup Carrots * Brown Rice Fruit +</p> 	<p><b>2</b></p> <p>Cheesy Veggie Rice Casserole +* Tossed Vegetable Salad * Garlic Bread Fruit</p>	<p><b>3</b></p> <p>Angie's Asian Chicken Salad + WW Roll Fruit Treat: Fortune Cookie</p>	<p><b>4</b></p> <p>Tuna Salad Sandwich on WW Bread Minestrone Soup Spinach Salad with Fruit &amp; Nuts*+ Fruit</p>	<p><b>5</b></p> <p>Beef Stew* Vegetable Medley Salad* WW Roll Fruit +</p>
<p><b>8</b></p> <p>Baked South-western Cod Split Pea Soup Carrots * Brown Rice Fruit +</p>	<p><b>9</b></p> <p>Chicken and Leek Pie (includes biscuit) Vegetable Medley Salad * Fruit +</p>	<p><b>10</b></p> <p>Beef Burger on Wheat Bun with Lettuce, Tomato, Pickle and Onion Lentil &amp; Black Bean Soup + Fruit</p>	<p><b>HOLIDAY 11</b></p>  <p><b>Thank You Veterans</b></p>	<p><b>12</b></p> <p>Spaghetti w/Vegetable Marinara Sauce + Garden Salad * Garlic Bread Fruit</p>
<p><b>15</b></p> <p>Salisbury Steak Mashed Potatoes &amp; Gravy Squash WW Roll Pineapple Fruit Cup+</p>	<p><b>16</b></p> <p>Turkey Chili Tossed Vegetable Salad* Cornbread Fruit Mix+</p>	<p><b>17</b></p> <p>Mock Crab Salad over Lettuce w/Tomato Chef's Choice Soup WW Bread Fruit +</p> 	<p><b>18</b></p> <p>Spinach Mushroom Lasagna+ Garden Salad * WW Roll Fruit</p>	<p><b>19</b></p> <p>Chicken &amp; Veggie Fajita+ with WW Tortilla Black Beans Vegetable Medley Salad* Fruit</p>
<p><b>22</b></p> <p>BBQ Chicken Sandwich on Wheat Bun with Lettuce, Tomato &amp; Onion Broccoli Cranberry Salad + Fruit</p>	<p><b>23</b></p> <p>Cod w/Lemon Caper Sauce Tomato Florentine Soup* Brussel Sprouts + Rice Pilaf Fruit</p>	<p><b>Thanksgiving Meal 24</b></p> <p>Braised Roast Turkey with Gravy Rosemary Roasted Potatoes Green Beans Cranberry Sauce, WW Roll Dessert: Sweet Potato Pie</p>	<p><b>HOLIDAY 25</b></p>	<p><b>HOLIDAY 26</b></p>
<p><b>29</b></p> <p>Baked Potato with Broccoli and Cheese Spinach Salad with Fruit &amp; Nuts +* Fruit</p>	<p><b>30</b></p> <p>Chicken Dijon Hearty Vegetable Soup*+ Carrots * Brown Rice Fruit</p> 		<p><b>Menu subject to change without notice.</b></p> <p><b>1% Milk served each meal</b></p>	<p><b>KEY</b> + Vitamin C Source * Vitamin A Source &lt; &gt; High Sodium Day WW = Whole Wheat</p>