





November Menu 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	<p>1 Creole Baked Pork Chops Creamier Mashed Potatoes Mustard Greens Banana WW Bread</p>	<p>2 Chile w/ Meat and Beans Festive Waldorf Fruit Salad Peach-Yogurt Dessert WW Bread</p>	<p>3 Chicken Stew Long Grain Brown Rice Broccoli Pear Halves WW Bread</p>	<p>4 Seasoned Pinto Beans Onions Turnip Greens Cornbread Applesauce</p>	<p>5 Baked Flounder w/ Lemon Sauce Oven Browned Potatoes Carrot-Raisin Salad Cling Peaches WW Bread</p>	<p>6</p>	
<p>7 Daylight saving time ends</p>  <p>Fall back an hour</p>	<p>8 Mixed Vegetable Soup Swiss Cheese Food Slice WW Bread Lettuce Three Bean Salad Cherry Crisp</p>	<p>9 Lasagna Vegetable Salad Oil & Vinegar Dressing Purple Plums WW Garlic Toast</p>	<p>10 Skinless BBQ Chicken Au Gratin Potatoes Green Beans Apricots WW Bread</p>	<p>11 Closed Veteran's Day</p> 	<p>12 Split Pea Soup Ham Salad w/ Vegetables Homemade Vanilla Pudding Blueberry Sauce WW Bread</p>	<p>13</p>	
<p>14</p>	<p>15 Seasoned Baked Chicken Scalloped Potatoes Broccoli Peach Crisp WW Bread</p>	<p>16 Hamburger Patty WW Bun Light Mayonnaise Iceberg Lettuce Red Tomato Oven Browned Potatoes</p>	<p>17 Beef & Vegetable Stew Spinach Chocolate Pudding WW Bread</p>	<p>18 Roast Turkey Breast Rice-Almond Casserole Carrots Jellied Citrus Salad Angel Food Cake</p>	<p>19 Chunky Vegetable Soup Tomato Stuffed w/ Tuna Salad Apple WW Rolls</p>	<p>20</p>	
<p>21</p>	<p>22 Seasoned Broiled Fish Macaroni & Cheese Mustard Greens Cornbread</p>	<p>23 Spaghetti & Meat Sauce w/ Grd. Turkey Vegetable Salad w/ Oil & Vinegar Dressing Applesauce WW Garlic Toast</p>	<p>24 Red Beans & Rice Cabbage Peach Halves WW Bread</p>	<p>25 Closed Thanksgiving Day</p> 	<p>26 Closed Shopping Day</p> 	<p>27</p>	
<p>28</p>	<p>29 Skinless BBQ Chicken Baked Beans Broccoli Strawberries WW Bread</p>	<p>30 Baked Pork Chop Sweet Potato Soufflé Spinach Applesauce WW Bread</p>	<p>Milk served with all meals. Menu subject to change due to availability of foods. Project Title: Raleigh County Commission on Aging, Inc. Sites: Manor House, Wildwood, Coal City & Glen Daniel</p>				
			<p>Approved By: _____</p>	<p>Executive Director</p>			

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No eligible participant will be denied a service because of his/her inability or failure to contribute to the cost of a meal.