



# November Menu 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Spaghetti & Meat Sauce w/ Grd. Turkey Vegetable Salad w/ Oil & Vinegar Dressing Applesauce WW Garlic Toast	2 Red Beans & Rice Cabbage Peach Halves WW Bread	3 Lighter Chicken Salad WW Bread Tomato Vegetable Soup Grapefruit Sections	4 Steak & Peppers Au Gratin Potatoes Green Peas Mixed Fruit WW Bread	5
6 Daylight saving time ends  Fall back an hour	7 Skinless BBQ Chicken Baked Beans Broccoli Strawberries WW Bread	8 Baked Pork Chop Sweet Potato Soufflé Spinach Applesauce WW Bread <b>DON'T FORGET TO VOTE!</b>	9 Baked Potatoes Swiss Cheese Chopped Chives Devilled Eggs Zucchini Squash, Italian Style Cherry Cobbler WW Bread	10 Skinless Oven Fried Chicken Savory Boiled Potatoes Green Beans Cantaloupe Biscuits	11 <b>Closed</b> in observance of Veteran's Day.	12
13	14 Chicken-Corn Casserole Creamier Mashed Potatoes Chicken Gravy Green Peas Mandarin Oranges WW Bread	15 Tasty Meat Loaf Scalloped Potatoes Green Beans Apple WW Bread	16 Roasted Beef-Rd. Orange-Glazed Sweet Potatoes Spinach Fruit Cocktail WW Bread	17 Roast Turkey Breast Rice-Almond Casserole Carrots Jellied Citrus Salad Angel Food Cake WW Bread	18 Bean Soup w/ Ham Egg Salad sandwich on WW Bread Fruit Salad w/ Strawberries	19
20	21 Creole Baked Pork Chops Creamier Mashed Potatoes Mustard Greens Banana WW Bread	22 Chile w/ Meat and Beans Festive Waldorf Fruit Salad Peach-Yogurt Dessert WW Bread	23 Seasoned Oven Baked Chicken Baked Potatoes Seasoned Vegetable Medley Orange Pineapple Gelatin WW Bread	24 <b>CLOSED</b> Thanksgiving Day 	25 <b>CLOSED</b> Enjoy family and Shop 'til you drop day.	26
27	28 Mixed Vegetable Soup Swiss Cheese Food Slice WW Bread Lettuce Three Bean Salad Cherry Crisp	29 Lasagna Vegetable Salad Oil & Vinegar Dressing Purple Plums WW Garlic Toast	30 Skinless BBQ Chicken Au Gratin Potatoes Green Beans Apricots WW Bread	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.  Approved By: _____		