
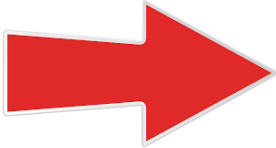




November 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		Vegetarian 1 Pizza, green beans, carrots, fruit	2 Baked seasoned chicken, pasta salad, swiss chard, green salad, fruit	3 Baked cod, wild rice, roasted brussels sprouts, spinach, fruit
Vegetarian 6 Pasta w/ tomato, onion & zucchini, roasted brussels sprouts, fruit	7 Baked cod, couscous w/ onion, green bell pepper & mushrooms, mixed veggies, coleslaw, fruit	8 Teriyaki chicken, brown rice, mixed veggies, golden mandarin beet salad, fruit	9 Seasoned pork chop, mashed sweet potatoes, green beans w/ tomato, fruit 	10 Chicken noodle soup w/ carrots, celery, pasta, zucchini, & onion, noodles, broccoli raisin salad, fruit Senior Center is closed to all activities except Senior Nutrition Program. Doors open at 10:30 a.m. closing at 1 p.m.
13 Chili Verde pork chop, Spanish rice, broccoli & carrots, fruit	14 Garlic chicken, wild rice, mixed veggies, green salad, fruit	15 Baked breaded cod, garlic bread, mixed veggies, fruit	16 Chicken & rice casserole w/ onions & celery, mixed veggies, fruit	17 Beef & broccoli, mixed veggies, dinner roll, coleslaw, fruit
20 Paprika chicken, mashed sweet potatoes, broccoli, fruit	21 Beef enchilada casserole, brown rice, corn & red bell peppers, fruit	22 Cranberry chicken, stuffing w/ celery & onions, kale, fruit	23  CLOSED	24  CLOSED
27 Baked cod, couscous, mixed veggies, carrot raisin salad, fruit	Vegetarian 28 Spinach w/ pasta, cheese & marinara sauce, mixed veggies, fruit	29 Seasoned baked chicken, wild rice, mixed veggies, fruit	30 Beef stroganoff, noodles, mixed veggies, fruit	