



NOVEMBER 2017

Mon	Tue	Wed	Thu	Fri
		1 Mango chicken Rice pilaf Peas & Carrots Wheat roll Yogurt Peaches	2 Beefy mac & Cheese Lima Beans Corn Wheat roll Yellow cake Pears	3 Baked fish sandwich Parsley potatoes Coleslaw Applesauce Tarter sauce Snickerdoodle
6 BBQ chicken Collard greens Squash casserole Cornbread Jell-O Devils food cake	7 Lasagna Tossed salad w/Tom Mixed Vegetables Garlic roll Apple Graham cracker	8 Chicken Stir-fry Steamed rice Egg Roll Duck sauce Peaches Spice cake	9 Sloppy Joe Tater tots Corn Banana Poke cake	10 Oven fried chicken w/ Peppered gravy Dirty rice Green beans Wheat roll Apple cobbler
13 Crabby patty Lima beans Mac & Cheese Hushpuppies Pineapple tidbits Sugar cookie	14 Meatball sub Vegetable beef soup Saltine crackers Strawberry Yogurt Mandarin oranges	15 Chicken Florentine Tossed salad w/Cucumbers Corn Wheat roll Pear crisp	16 Meatloaf w/gravy Mashed potatoes Carrots Wheat roll Tropical fruit Rice crispy treat	17 Pork chop w/onion gravy Rice pilaf Cauliflower w/cheese Peaches Wheat roll Poke cake
20 Salisbury steak w/gravy Mashed potatoes Brussel sprouts Cheesy cornbread Apple slice White cake	21 Fish wedge Rice Green beans Wheat roll Fruit cocktail Yellow cake	22 Roast Turkey w/ gravy Stuffing Peas & carrots Apple pie Wheat roll Cranberry sauce	23 Closed 	24 Closed 
27 Chili w/beans Buttered corn Cornbread Yogurt Brownie Orange	28 Turkey pot pie Harvard beets Cantaloupe Biscuit CC cake	29 Oven baked chicken w/gravy Lemon baked ziti California blend Tropical fruit Wheat roll Bread pudding	30 Country fried steak w/ Peppered gravy Field peas & Snaps Carrots Wheat roll Devils food cake pears	We serve 2% milk to all clients daily. If you will not be home during meal delivery please call 704-932-3412 Menu may change