










# November 2020



| Sun   | Mon  | Tue  | Wed   | Thu   | Fri   | Sat   |
|---|--|--|---|---|---|---|
| <p>1</p>     | <p>2 Hot Dog w/chili, plain whipped squash, multi-grain hot dog bun, macintosh apple</p> <p>Cal 765</p>                                  | <p>3 Penne w/Beef Meatballs &amp; pasta sauce, cooked spinach, Italian bread,, orange</p> <p>Cal 721</p>                       | <p>4 Beef Stuffed Pepper w/tomato sauce, whipped potatoes, mixed vegetables, wheat bread, peaches</p> <p>Cal 668</p>                | <p>5 Baked Cod w/ lemon pepper seasoning, cabbage &amp; noodles, peas &amp; carrots, wheat bread, fruit cocktail</p> <p>Cal 645</p> | <p>6 <b>Birthday Menu</b><br/>Creole Chicken Breast, brown rice pilaf, green beans, banana, chocolate cupcake</p> <p>Cal 713</p>        | <p>7</p>   |
| <p>8</p>     | <p>9 <b>Veterans' Day</b><br/>Tuna Noodle Casserole w/peas, sliced carrots, rye bread, pineapple and mandarin oranges</p> <p>Cal 631</p> | <p>10 Pork Loin w/thin gravy, cider yams, Brussels sprouts, honey cracked wheat bread, sliced peaches</p> <p>Cal 630</p>       | <p>11 Baked Lemon Garlic Cod, cheese tortellini w/ marinara sauce, broccoli &amp; cauliflower florets, apricots</p> <p>Cal 619</p>  | <p>12 Turkey light &amp; dark meat w/gravy, scalloped potatoes, Italian green beans, dinner roll, Gala apple</p> <p>Cal 634</p>     | <p>13 Beef Salisbury Steak w/gravy, wide noodles, Harvard beet slices, dinner roll, orange</p> <p>Cal 717</p>                           | <p>14</p>  |
| <p>15</p>   | <p>16 Chicken Breast w/ paprika sauce, orzo w/ peas &amp; carrots, stewed tomatoes, pear cuts</p> <p>Cal 663</p>                         | <p>17 Bow Ties w/beef pasta sauce, cooked spinach, wheat bread, orange</p> <p>Cal 674</p>                                      | <p>18 <b>Holiday Meal</b><br/>Turkey w/gravy, garlic whipped potatoes, capri blend, bread stuffing, pumpkin roll</p> <p>Cal 660</p> | <p>19 BBQ Beef Sandwich, parsley potatoes, mashed acorn squash w/cinnamon, wheat bun, fruit cocktail</p> <p>Cal 716</p>             | <p>20 Baked Cod w/dill weed, Au Gratin potatoes, green &amp; wax beans, bread, pineapple cuts, oatmeal raisin cookie</p> <p>Cal 669</p> | <p>21</p>   |
| <p>22</p>  | <p>23 Beef Tips w/ gravy, egg noodles, carrot coins, rye bread, tangerine</p> <p>Cal 608</p>   | <p>24 Chicken Breast w/ creole sauce, whipped butternut squash, green beans, multi-grain bread, pear slices</p> <p>Cal 638</p> | <p>25 Beef Meatloaf w/ tomato gravy, whipped potatoes, tuscan medley, wheat bread, applesauce w/ cinnamon</p> <p>Cal 695</p>        | <p>26 <b>CLOSED</b></p>                        | <p>27 <b>CLOSED</b></p>                            | <p>28</p>   |
| <p>29</p>   | <p>30 Rotini w/Turkey meat sauce, Italian green beans w/ chopped red pepper, Italian bread, sliced apricots</p> <p>Cal 619</p>           | <p><b>STAY SAFE</b></p>  |   |    |   |   |