






November

2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>1 Hot Dog w/chili, Whipped winter squash, Multi-grain hot dog bun, Orange</p> <p style="text-align: right;">Cal 674</p>	<p>2 Penne w/ground beef meatballs & Pasta Sauce, Broccoli, Italian bread, Apple</p> <p style="text-align: right;">Cal 715</p>	<p>3 Ground Beef Stuffed Pepper w/ tomato sauce, Whipped potatoes, Mixed vegetables, Wheat bread, Peaches</p> <p style="text-align: right;">Cal 671</p>	<p>4 Baked Cod w/ lemon pepper, Cabbage & noodles, Peas & carrots, Wheat bread, Fruit Cocktail</p> <p style="text-align: right;">Cal 645</p>	<p>5 Birthday Menu Creole Chicken Breast, Cooked spinach, Brown rice pilaf, Chocolate cupcake, Banana</p> <p style="text-align: right;">Cal 698</p>	<p>6</p> 
<p>7</p> 	<p>8 Tuna noodle casserole w/peas, Sliced carrots, Rye bread, Pineapple and mandarin oranges</p> <p style="text-align: right;">Cal 614</p>	<p>9 Pork loin w/thin gravy, Cider yams, Brussels sprouts, Wheat bread, Sliced peaches</p> <p style="text-align: right;">Cal 630</p>	<p>10 Baked Lemon Garlic Cod, Broccoli & cauliflower florets, Cheese tortellini w/marinara, Wheat bread, Apricots</p> <p style="text-align: right;">Cal 619</p>	<p>11 Veteran's Day Turkey light and dark meat w/thin gravy, Scalloped potatoes, Italian green beans w/ red pepper, Dinner roll, Apple</p> <p style="text-align: right;">Cal 634</p>	<p>12 Ground Beef Salisbury Steak w/ thin gravy, Wide noodles, Harvard beet slices, Dinner roll, Orange</p> <p style="text-align: right;">Cal 674</p>	<p>13</p>
<p>14</p>	<p>15 Chicken Breast w/paprika sauce, Orzo w/peas & carrots, Stewed tomatoes, 12 Grain bread, Pear cuts</p> <p style="text-align: right;">Cal 669</p>	<p>16 Bow ties w/ ground beef meat pasta sauce, Cooked spinach, Wheat bread, Orange</p> <p style="text-align: right;">Cal 674</p>	<p>17 Holiday Meal Turkey w/gravy, Garlic whipped potatoes, Capri blend, Stuffing, Cranberry sauce, Pumpkin roll</p> <p style="text-align: right;">Cal 768</p>	<p>18 BBQ Beef Sandwich, Parsley potatoes Mashed acorn squash w/cinnamon, Wheat bun, Fruit Cocktail</p> <p style="text-align: right;">Cal 700</p>	<p>19 Baked Cod w/ dill weed, Au Gratin potatoes, Green & wax beans, Wheat bread, Pineapple Cuts, Oatmeal raisin cookie</p> <p style="text-align: right;">Cal 669</p>	<p>20</p> 
<p>21</p> 	<p>22 Beef tips w/ gravy, Carrot coins, Egg noodles, Rye bread, Tangerine</p> <p style="text-align: right;">Cal 608</p>	<p>23 Chicken Breast w/Creole sauce, Whipped butternut squash, Green beans, Multi-grain Bread, Pear slices</p> <p style="text-align: right;">Cal 638</p>	<p>24 Ground beef meatloaf w/tomato gravy, Whipped potatoes, Tuscan medley, Wheat bread, Applesauce w/ cinnamon</p> <p style="text-align: right;">Cal 695</p>	<p>25 Thanksgiving Day Turkey Divan w/ Broccoli spears & White sauce, Brown rice, Dinner Roll, Apple</p> <p style="text-align: right;">Cal 637</p>	<p>26 Boneless Pork w/Dijon Sauce, Scalloped potatoes, Chesapeake corn & tomatoes w/Old Bay Seasoning, Bread, Banana</p> <p style="text-align: right;">Cal 701</p>	<p>27</p>
<p>28</p>	<p>29 Rotini w/ ground turkey meat sauce, Italian green beans w/chopped red pepper, Italian bread, Sliced apricots</p> <p style="text-align: right;">Cal 619</p>	<p>30 Swiss Steak w/ tomato gravy, Gourmet potatoes, Peas w/pearl onions, Rye bread, Orange</p> <p style="text-align: right;">Cal 758</p>	 <p>THANKSGIVING</p>		<p>We are Thankful for YOU!</p> 