



MENU NOVEMBER 2017



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 BREAKFAST DINNER BAGEL FRESH FISH	2 STUFFING PORK MASHED POTATO	3 CHICKEN W/WHITE SAUCE RICE&BEANS	4 BEEF STEW	5
6 PASTA W/ ARTICHOKES & SUN-DRIED TOMATOES	7 SALMON BURGER COLE SLAW FRIES	8 EGGPLANT PARMESSAN ORZO SALAD GREEN SALAD	9 PORK CHOPS W PRUNES SAUCE SCALLOP POT	10 CHICKEN ENCHILADAS RICE & BEANS	11 POT ROAST BEEF	12
13	14 NICOISE SALAD BEET CRACKERS	15 BEEF & BARLEY SOUP EGG SANDWICH	16 CASHEW CHICKEN JASMINE RICE	17 BEEF TACOS CHIPS & SALSA	18 APPLE, CABBAGE & SAUSAGE	19
20 CHICKEN ALFREDO PASTA	21 COD FISH W/ SALSA BROWN RICE SAUTEE VEG.	22 TORTILLA SOUP TAMALES GREEN SALAD	23 TURKEY MASHED POTATO GREEN BEAN	24 BEEF FAJITAS RICE BEANS	25 ROAST LAMB	26
27 COUS COUS SAUTEE VEG. G. SALAD	28 SALMON W AVOCADO BROWN RICE VEGETABLES	29 CORN & POBLANO CHOWDER GRILLED CH.	30 MEAT LOAF MASHED POTATOES SAUTEE VEG.	31 CHICKEN TOSTADA SALAD	CARNITAS RICE & BEANS TORTILLAS	