

NOVEMBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Baked Steak W/Mushrooms & Gravy Baked Potato Green Beans Fruit Crisp	Ham & Potato Omelet Stewed Tomatoes Cinnamon Roll Plums	Lasagna Corn Tossed Salad Berry Fruit Salad	Baked Chicken Mashed Potatoes W/Gravy Harvard Beets Apricots	Breaded Baked Fish Potato Wedges Peas & Carrots Aini Di Pepe Mixed Fruit
8	9	10	11	12
Hamburger Bun Tator Tots Baked Beans Pears	Herbed Pork Chop Baked Potato Cooked Carrots Mixed Fruit Caranberry Orange Bar	Spaghetti W/Meat Sauce Corn Pears French Bread	NO MEALS VETERANS DAY	Chef Salad W/Turkey, Cheese, Egg, Tomato Peaches Oatmeal Blueberry Muffin
15	16	Birthday Meal 17	18	19
Swiss Steak Parslied Potatoes Broccoli Patio Salad Peaches	BBQ Ribs Baked Potato Carrots Blueberry Yogurt Orange	Roast Beef Mashed Potatoes W/Gravy Peas Cake & Ice Cream Peaches	Homemade Chicken Noodle Soup Beef Salad Sandwich Broccoli Apple Cookie	Tuna Salad Bun Tossed Salad Tomato Slices Seasonal Fresh Fruit
22	23	24	25	26
Spanish Rice W/Hamburger Seasoned Spinach Seasonal Fruit	Liver & Onions Mashed Potatoes Broccoli Orange	Chicken Strips Fries Coleslaw Fruit Crisp	NO MEALS THANKSGIVING	NO MEALS THANKSGIVING BRAKE
29	30			
Meat Salad Sandwich Cream Of Broccoli Soup Banana V8 Juice	Beef Tip W/Gravy Oven Baked Brown Rice Broccoli Apricots	ROCS DINING SERVICES- BURKE CALL 775-2771 TO RESERVE A MEAL		

NUTRITIONAL INFORMATION IS AVAILABLE AT THE SITE. ALL MENUS ARE SUBJECT TO CHANGE. ALL MEALS ARE SERVED WITH BREAD AND 1% MILK UNLESS OTHERWISE NOTED.