

# NOVEMBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Pork Chop W/Mushroom Sauce Sweet Potatoes Green Beans Mixed Fruit	Goulash Creamed Corn Lime Jello W/Mandarin Oranges	Chicken Enchiladas Baked Brown Rice Navy Been Side Dish Cantaloupe	Meatloaf Oven Browned Potatoes Green Beans Jello W/Fruit	Tator Tot Casserole Seasoned Spinach Mixed Fruit
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Ham & Potato Omelet Winter blend veg Cinnamon rolls Plums	Baked Chicken Fried Steak Mashed Potatoes Milk Gravy Peas Apricots	Chef Salad W/Turkey, Cheese, Egg, Tomato Peaches Oatmeal Blueberry Muffin	<b>NO MEALS VETERANS DAY</b>	Beef Noodle Stroganoff Green Beans 7 Layer Salad Orange
<b>15</b>	<b>16</b>	<b>Birthday Dinner 17</b>	<b>18</b>	<b>19</b>
Sweet & Sour Pork Rice Oriental Vegetables Apricots	Sloppy Joe On A Bun Macaroni & Cheese Broccoli Orange	Roast Beef Mashed Potatoes Gravy Peas & Carrots Upside Down Cheesecake W/Fruit Topping	Beef Stew WW Dinner Roll Pineapple Tidbits Cranberry Juice Cocktail	Chicken Alfredo Harvard Beets Fruit Cocktail Breadstick
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Baked Steak W/Mushrooms & Gravy Mashed Potatoes Glazed Carrots Jello W/Fruit	Spaghetti W/Meat Sauce Tossed Salad Pudding W/Fruit	Roast Turkey Mashed Potatoes Gravy Seasoned Spinach Chocolate Pudding W/Topping Orange	<b>NO MEALS THANKSGIVING</b>	<b>NO MEALS THANKSGIVING BREAK</b>
<b>29</b>	<b>30</b>			
Lasagna Tossed Salad Mixed Fruit French Bread	Swedish Meatballs Over Noodles Peas Mandarin Oranges	<b>ROCS DINING SERVICES- STICKNEY CALL 732-4421 OR 731-6790 TO RESERVE A MEAL</b>		

**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.**

