

# NOVEMBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
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 Carrots & Peas Aini Di Pepe Mixed Fruit
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
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	<b>NO MEALS VETERANS DAY</b>	Chef Salad W/Turkey, Cheese, Egg, Tomato Peaches Oatmeal Blueberry Muffin
<b>15</b>	<b>16</b>	<b>Birthday Meal 17</b>	<b>18</b>	<b>19</b>
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 Mixed Fruit	Homemade Chicken Noodle Soup Beef Salad Sandwich Carrots Apple Cookie	Tuna Salad Bun Tossed Salad Tomato Slices Seasonal Fresh Fruit
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Spanish Rice W/Hamburger Seasoned Spinach Seasonal Fruit	Liver & Onions Mashed Potatoes Broccoli Orange	Chicken Strips Fries Coleslaw Fruit Crisp	<b>NO MEALS THANKSGIVING</b>	<b>NO MEALS THANKSGIVING BRAKE</b>
<b>29</b>	<b>30</b>			
Meat Salad Sandwich Cream Of Broccoli Soup Banana V8 Juice	Beef Tip W/Gravy Oven Baked Brown Rice Broccoli Apricots	<b>ROCS DINING SERVICES- GREGORY CALL 835-8094 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.**