



NOVEMBER CENTRACARE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 CREAMY POTATO SOUP GREEK SALAD FRESH CUT FRUIT WHOLE GRAIN ROLL	2 STUFFED BELL PEPPERS WITH TOMATO SAUCE AND CHEESE TOSSED SALAD WITH DRESSINGS FRESH CUT FRUIT WHOLE GRAIN ROLLS	3 FRIED TALAPIA FILLET GREEN BEANS RICE PILAF FRESH CUT FRUIT CORNBREAD MUFFIN
6 QUICHE LORRAINE POTATOES O'BRIEN FRUIT YOGURT WITH GRANOLA ENGLISH MUFFIN	7 TUNA SALAD CROISSANT CORN AND PEPPER CHOWDER FRESH CUT FRUIT WHEAT CRACKERS	8 BEEF ENCHILADA BAKE CILANTRO RICE APPLE COBBLER W/ ICE CREAM SHREDDED LETTUCE AND TOMATO SALAS AND SOUR CREAM	9 BEEF STROGANOFF GREEN BEANS AND CARROTS FRESH CUT FRUIT WHOLE GRAIN ROLL	10 CHEF SALADS WITH HAM, TURKEY AND CHEESE APPLE COBBLER WITH WHIPPED TOPPING WHOLE GRAIN ROLL RANCH AND FRENCH DRESSINGS
13 BARBEQUED CHICKEN THIGH COLESLAW BANANA PUDDING SCALLOPED POTATOES BUTTERMILK BISCUIT	14 SPINACH AND PEPPER QUICHE PORK SAUSAGE LINKS MELON SLICES FRUIT MUFFIN	15 ROAST TURKEY WITH GRAVY HERB STUFFING GREEN BEAN CASSEROLE PUMPKIN CRISP WHOLE GRAIN ROLL	16 HUNGARIAN GOULASH CEASAR SALAD FRESH CUT FRUIT WHOLE GRAIN ROLL	17 CREAMY TOMATO SOUP GRILLED CHEESE ON TEXAS TOAST FRESH CUT FRUIT WHOLE GRAIN ROLL
20 HEARTY BEEF STEW TOSSED SALAD WITH DRESSINGS FRESH SEASONAL FRUIT BUTTERMILK BUISCUT	21 CHICKEN CACCIATORE GREEN BEANS RICE PUDDING PINEAPPLE CHUNKS WHOLE GRAIN ROLL	22 CHICKEN AND RICE CASSEROLE SAUTEED CARROTS CINNAMON APPLES WHOLE GRAIN ROLL	23 Thanksgiving CLOSED	24 CLOSED
27 COUNTRY FRIED CHICKEN MASHED POTATOES WITH GRAVY SWEET CORN PEACH COBBLER WHOLE GRAIN ROLL	28 MACARONI AND CHEESE STEAMED BROCCOLI OATMEAL CAKE BAKE FRESH CUT FRUIT WHOLE GRAIN ROLL	29 HERB ROASTED CHICKEN ROASTED BRUSSELS SPROUTS PINEAPPLE UPSIDE DOWN CUPCAKES WHOLE GRAIN ROLL	30 CHICKEN AND WILD RICE SOUP TOSSED SALAD WITH DRESSINGS PINEAPPLE UPSIDE DOWN CUPCAKES WHOLE GRAIN ROLL	
<p>Each meal meets the new A.A.A. approved nutritional guidelines. All meals have between 80-120 grams of carbohydrates. All meals are trans-fat free.</p>				