

November 2022



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
30	31 Teriyaki Pork Loin Pinto beans Broccoli Sugar Cookie	1 Italian Marinated Chicken Buttered Noodles Italian Mixed Veg Fruit Salad	2 Blackened Cream Fish Parmesan Risotto Roasted Veg Blend Danish	3 Shephard's Pie w/carrots, peas, corn Biscuit Pears	4 Spaghetti w/Meat Sauce Bread stick Cali Blend Veg Sugar-free jello w/whipped topping	5
6	7 Chili Green beans Corn Bread Fruit Salad	8 Beef Tips Egg Noodles Cabbage Pineapple	9 Seasoned Chicken Rice Butternut Squash Apple Crisp	10 Goulash Peas and Carrots Cut Fruit	11 S&S Turkey Meatloaf Mashed potatoes w. gravy Carrots Ambrosia	12
13	14 Hamburger Steak w. onions & brown gravy Mashed Potatoes Lima Beans Stewed Apples	15 BBQ Chicken Mac n' Cheese Greens Cookie	16 Pot Roast w. carrots & onions Creamed potatoes Peaches	17 Chicken Parmesan Rice Pilaf Roasted Zucchini Fruit Cobbler	18 Herb Baked Chicken Thighs Squash Casserole Mandarin Oranges	19
20	21 Chopped BBQ Pork (extra sauce) Roasted Sweet Potato Coleslaw Rice Krispy Treats	22 Chicken Pot Pie California Veg Pears	23 Turkey w. Gravy Stuffing Green bean casserole Pumpkin Pie	24 	25 **PACE COOKS** Pizza w. Green Beans	26
27	28 Herb Roasted Chicken Thighs Green Beans Latkes Cinnamon Applesauce	29 Fish Sandwich on Bun Potato Wedges Cole Slaw Banana Pudding	30	1	2	3
4	5	Notes				

