

<b>FRI. Nov 1</b>		<b>MON. Nov 4</b>	<b>WED. Nov 6</b>	<b>FRI. Nov 8</b>
Juice	<b>Drink</b>	Juice	Juice	Juice
Beef Stroganoff Egg Noodles	<b>Meat Choice 1</b>	Salisbury Steak Mashed Potatoes	BBQ Farmers Sausage Mashed Potatoes	Asian Pork Chop Whipped Potatoes
	OR			
Baked Salmon Lyonnais Potatoes	<b>Choice 2</b>	Seasoned Chicken Thigh Mashed Potatoes	Turkey Tetrazzini	Honey Mustard Fish Baked Potatoes
Green Peas Parslied Cauliflower	<b>Sides</b>	Broccoli Parsley Carrots	California Vegetables Iceberg & Carrot Salad	Asian Vegetables Buttered Corn
Lemon Square	<b>Dessert Choice 1</b>	Mississippi Mud Pie	Cherry Crisp	Lemon Cake
	OR			
Cinnamon Pears	<b>Choice 2</b>	Peach Slices	Diced Pears	Blueberries

	<b>MON. Nov 11</b>	<b>WED. Nov 13</b>	<b>FRI. Nov 15</b>
<b>Drink</b>		Juice	Juice
<b>Meat Choice 1</b>	<b>NO MEALS ON WHEELS</b>	Meatloaf Mashed Potatoes	Teriyaki Beef & Broccoli White Rice
OR			
<b>Choice 2</b>		Spinach & Cheese Cannelloni Garlic Bread	Lemon Pepper Cod Mashed Potatoes
<b>Sides</b>		Diced Squash Seasoned Zucchini	Asian Vegetables Balsamic Carrots
<b>Dessert Choice 1</b>		Blondie Bars	Maple Chocolate Mania Cake
OR			
<b>Choice 2</b>		Cinnamon Pears	Apricots



	<b>MON. Nov 18</b>	<b>WED. Nov 20</b>	<b>FRI. Nov 22</b>
	Juice	Juice	Juice
<b>Meat</b>			
<b>Choice 1</b>	Breaded Pork Cutlet Whipped Potatoes	Baked Chicken with Chalet Sauce Baked Potato	Beef Stroganoff Egg Noodles
OR			
<b>Choice 2</b>			
	Sole Florentine Roasted New Potatoes	Roasted Vegetable Lasagna	Baked Salmon Lyonnais Potatoes
<b>Sides</b>			
	Steamed Asparagus Sliced Beets	Broccoli Tossed Salad	Green Peas Parslied Cauliflower
<b>Dessert</b>			
<b>Choice 1</b>			
OR			
<b>Choice 2</b>	Assorted Tarts	Carrot Cake	Lemon Square
	Pineapple	Peach Slices	Cinnamon Pears

	<b>MON. Nov 25</b>	<b>WED. Nov 27</b>	<b>FRI. Nov 29</b>
<b>Drink</b>	Juice	Juice	Juice
<b>Meat</b>			
<b>Choice 1</b>	Salisbury Steak Mashed Potatoes	BBQ Farmers Sausage Mashed Potatoes	Asian Pork Chop Whipped Potatoes
OR			
<b>Choice 2</b>	Seasoned Chicken Thigh Mashed Potatoes	Turkey Tetrazzini	Honey Mustard Fish Baked Potatoes
<b>Sides</b>			
	Broccoli Parsley Carrots	California Vegetables Iceberg & Carrot Salad	Asian Vegetables Buttered Corn
<b>Dessert</b>			
<b>Choice 1</b>	Mississippi Mud Pie	Cherry Crisp	Lemon Cake
OR			
<b>Choice 2</b>	Peach Slices	Diced Pears	Blueberries