

Area Agency on Aging Region X Menu Plan

Nov-23

Monday	Tuesday	Wednesday	Thursday	Friday
October 30th - Chinese	31st	Nov 1st	Nov 2nd	Nov 3rd
Chinese Lemon Chicken Oriental Rice Oriental Veggies Egg Roll Mandarin Oranges/ Fortune Cookies Coffee/ Tea Milk	Witches Brew Stew Carrots Corn Green Bean Baked Apples Coffee/Tea/Milk	Chicken Fried Steak/ white gravy Mashed Potatoes Broccoli Wheat Roll Spiced Pineapple warm Coffee/ Tea Milk	Goulash w/ tomatoes & onion Dark Green Leafy Salad Green Beans Wheat Roll Apple Crisp Coffee/ Tea Milk	Cooks Choice Use what we have on hand
Nov 6th *****	Nov 7th	Nov 8th	Nov 9th	Nov 10th
Meatloaf w/ Ketchup Mashed potatoes w/ gravy Candied Carrots Wheat Roll Apricots Coffee/ Tea Milk	Taco Salad meat cheese beans Lettuce & Tomatoes Pineapple Tostitos Pudding Coffee/ Tea Milk	BBQ Chicken Potato Salad Coleslaw Wheat Roll Cookie Coffee/Tea/ Milk	Potatoes Soup Hot Ham & cheese Sandwich Dark Green Leafy Salad Rosie Apple Sauce Strawberry dump cake Coffee/ Tea Milk	Biscuits/ gravy Sausage Scrambled Eggs Hash browns Peaches Coffee/ Tea Milk
Nov 13th	Nov 14th	Nov 15th	Nov 16th	Nov 17th
Combread Pork Cutlet w/ peppered gravy Mashed Potatoes Buttered Carrots Wheat Roll Applesauce Coffee/Tea/Milk	Open Faced Roast Beef Sandwich Mashed Potatoes Gravy Roasted Brussel Sprouts Mixed Fruit Apricots Coffee/ Tea Milk	Hot Dog w/ chili & cheese French Fries Coleslaw Grape Juice Sliced pears Coffee/Tea/Milk	Oven Fried Chicken Mashed Potatoes & Gravy Peas & Carrots Wheat roll Birthday Cake w/ fruit Coffee/ Tea Milk	Cooks Choice Use what we have on hand
Nov 20th Asian ****	Nov 21st	Nov 22nd	Nov 23rd	Nov 24th
Orange Chicken Steamed Rice Egg Roll Oriental Blend Mandarin Oranges Coffee/Tea/Milk	Turkey / Stuffing Sweet Potatoes/ cranberry sauce Green Bean Casserole Wheat Roll Pumpkin Pie Coffee/Tea/Milk	Spaghetti Red/diced pickle onion Dark Green Leafy Salad Mixed Vegetables Crackers Chocolate Cake Coffee/Tea Milk	Thanksgiving	Closed
Nov 27th Danish	Nov 28th	Nov 29th Tex-Mex	Nov 30th Eastern Euripian	Dec 1st
Hearty Beef Goulash Potatoes Carrots onion Dark Green leafy/w spinach Baked Cinnamon Apples Wheat Roll Coffee/Tea/Milk	Chicken Taco Salad, cheese, beans Lettuce & Tomatoes Pineapple Tostito Chips Pudding w/topping Coffee/Tea/Milk	Frito Chili Pie Buttered Corn Dark Green Leafy Salad/Spinich Orange Jello w/ pineapple Cake Coffee/Tea Milk	Haluski w/ Ham & Egg noodles Cabbage/Onion Candied Carrots Pudding Wheat Roll Coffee/ Tea Milk	Goulash Tomatoes & Zucchini Wheat Roll Pound Cake w/ strawberries Coffee/Tea/Milk
Dec 4th	Dec 5th	Dec 6th	Dec 7th	Dec 8th
BBQ Brisket on a Bun Buttered Peas French Fries Sliced Apples Ice Cream Bar Coffee/Tea/Milk	Chicken Pot Pie Mixed Vegetables Harvard Beets Wheat Roll Plums Coffee/Tea/Milk	Sloppy Joe on Bun Potato Salad Coleslaw Peaches Ice Cream Bar Coffee/Tea/Milk	Fried Fish Filet Buttered Corn Collard Greens Wheat Bread Tropical Fruit Coffee/Tea/Milk	Cooks Choice Coffee/Tea/Milk

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