

NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Swiss Steak w/Onions & Tomatoes, Mashed Potatoes, Peas, Fruit Cocktail AA24	Ham, Scalloped Potatoes, California Medley Veggies, Apples A12	Hamburger, Hash Browns, Baked Beans, Pears C16
6	7	BIRTHDAY DINNERS	9	10
Spaghetti with Meat Sauce, Tossed Romaine Salad, Fruit in Pudding AA22	Chicken Parmesan, Baked Potato, Corn O'Brien, Tropical Fruit A2	Roast Beef, Mashed Potatoes & Gravy, Green Beans, Fruit, Cake & Ice Cream	BBQ Ribs, Baked Potato, Cinnamon Roll, Carrots, Blueberry Yogurt, Orange 11-3 - P5	HOLIDAY
13	14	15	16	17
Porcupine Meatballs, Whipped Potatoes w/Gravy, California Vegetable Medley, Almond Peaches CO45	Homemade Pizza, Tossed Salad, Peaches CM1	THANKSGIVING DINNER	Vegetable Soup, Tuna Salad Sandwich, Baked Acorn Squash, Almond Peaches, Fresh Pear CO24	Beef Stroganoff, Cut Broccoli, Tossed Salad, Apricot Pineapple Compote CO54
20	21	22	23	24
Meatloaf, Brown Gravy, Cheesy Potatoes, Seasoned Green Beans, Pineapple Tidbits CO42	Baked Chicken, Mashed Potatoes & Milk Gravy, Parslied Carrots, Jello w/Peaches CM75D - CH5	Chili, Fruit Cocktail, Tomato Juice, Vanilla Ice Cream CM59F - S44	THANKSGIVING BREAK NO MEALS	THANKSGIVING BREAK NO MEALS
27	28	29	30	
Lasagna, French Bread, Tossed Romaine Salad, Plums A7	BBQ Chicken Legs, Baked Potato, Sour Cream, Mixed Vegetables, Pears AA9	Hot Beef Sandwich, Mashed Potatoes & Gravy, Green Beans & Carrots, Peaches B4	Pork Chops w/Mushroom Sauce, Sweet Potatoes, Green Beans, Mixed Fruit A8	AVON DAKOTA SENIOR MEALS CALL 286-3692 TO RESERVE A MEAL
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.				