

November 2022

	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1 Meatloaf w/ Gravy, Mashed Potatoes, Peas & Onions, Garden Salad, Milk <i>Cal:1450, Carb: 133g Fib:9g, Fat 83g Sodium 970</i></p>	<p>2 Pork Tenderloin w/ Carmelized Onion, Apple sauce, Brown Rice, Stuffed Mushroom, Garden salad, Milk <i>Cal:1070, Carb: 84g Fib:9g, Fat 65g Sodium 1060</i></p>	<p>3 Grilled Cheese Sandwich , Tomato Soup, Chef Salad, Fruit, Milk <i>Cal:1030, Carb: 90g Fib:10g, Fat 35g Sodium 900</i></p>	<p>4 Monterey chicken Casserole, Baked Cauliflower, Garden Salad, Fruit, Milk, Cake <i>Cal:660, Carb: 65g Fib:10g, Fat 35g Sodium 760</i></p>	5
<p>7 Cod Fish w/ Dill sauce, Wild rice, Zucchini Saute, Garden salad, Yogurt & Fruit, Milk <i>Cal:940, Carb: 74g Fib:7g, Fat 88g Sodium 860</i></p>	<p>8 Spinach & Mushroom Quiche, Cherry Crisp, Garden Salad, Fruit, Milk <i>Cal:970, Carb: 74g Fib:11g, Fat 9g Sodium 600</i></p>	<p>9 Chicken Piccata, Scalloped Potatoes, Glazed Carrots, Garden Salad, Fruit, Milk <i>Cal:1060, Carb: 74g Fib:10g, Fat 62g Sodium 1050</i></p>	<p>10 Pulled Pork, Creamed Corn, Blueberry Cobbler, Coleslaw, Garden Salad, Fruit, Milk <i>Cal:1420, Carb: 145g Fib:11g, Fat 63g Sodium 970</i></p>	<p>11 Closed for Veterans Day</p>	12
<p>14 Baked lemon Chicken, Creamy Lentils, Orzo Pasta, Garden Salad, Fruit, Milk <i>Cal:1140, Carb: 120g Fib:11g, Fat 46g Sodium 1100</i></p>	<p>15 Beef Pot Roast w/Veggies, Creamed Spinach, Garden Salad, Fruit , Dinner Roll w/butter <i>Cal:1180, Carb: 107g Fib:5g, Fat 57g Sodium 1050</i></p>	<p>16 Pasta Primavera w/Marinara Sauce, Focaccia Bread, Garden salad, Cottage Cheese & Fruit <i>Cal:1090, Carb: 80g Fib:16g, Fat 53g Sodium 850</i></p>	<p>17 N.E. Clam Chowder w/Oyster Crackers, Broccoli w/Almonds, Garden Salad, Fruit, Milk <i>Cal:952, Carb: 82g Fib:11g, Fat 52g Sodium 1182</i></p>	<p>18 Pork Adovada, Spanish Rice, Pinto Beans, Garden Salad, Fruit, Milk</p>	19
<p>21 Beef Tacos, Refried Beans, Garden salad, Fruit, Milk <i>Ca1300l, Carb96: g Fib12:g, Fat90 g Sodium 1250</i></p>	<p>22 Oven Baked Fried Chicken, Scalloped Potatoes, Sweet Corn, Garden salad, Fruit, Cake <i>Cal:940, Carb: 74g Fib:7g, Fat 88g Sodium 860</i></p>	<p>23 Sliced Turkey w/Gravy, Mashed Potatoes, Stuffing, Cranberry Sauce, Garden Salad,, Fruit <i>Cal:1570, Carb: 150g Fib:18g, Fat 37g Sodium 1200</i></p>	<p>24 Closed for Thanksgiving</p>	<p>25 Closed for Thanksgiving</p>	26
<p>28 Minestrone Soup, Focaccia Bread, Salad w/Beets & Fig Vinaigrette, Fruit, Milk <i>Cal:950, Carb: 13g Fib:18g, Fat 18g Sodium 860</i></p>	<p>29 Beef Spaghetti, Broccoli, Garlic Bread, Garden Salad, Fruit, Milk <i>Cal:940, Carb: 74g Fib:7g, Fat 88g Sodium 860</i></p>	<p>30 Pork Posole, Soup Greens:Cabbage/ Radishes/Onions/Cilantro Tortilla, Fruit, Milk <i>Cal:940, Carb: 74g Fib:7g, Fat 88g Sodium 860</i></p>	<p style="text-align: center;">Suggested donation \$5.00 for Seniors 60+ Under 60 \$10.50</p>	<p style="text-align: center;">November 2022 In the Community Café Or Meals on Wheels For Reservations Call 470-264-2167 By 9am</p>	<p style="text-align: center;">Due to Covid-19, Food Shortages may result in Substitutions</p>