




November 2009

Defiance County Senior Services

Monday	Tuesday	Wednesday	Thursday	Friday
2 Turkey and Swiss on Whole Wheat Bread Broccoli Salad Creamy Tomato Soup Crumb Topped Peaches	3 <u>Election Day</u> Orange Glazed Chicken Breast Cauliflower Stuffing Whole Wheat Bread Tropical Fruit Salad	4 Spinach Lasagna Antipasto Warm Garlic Bread Plums	5 Beef Stroganoff Brussels Sprouts Carrots Rye Bread Peaches and Pears	6 <u>Birthday Lunch</u> Pork Medallion Tossed Salad Rice Pilaf Dinner Roll Hot Cinnamon Apple Dessert V8 Juice Birthday Cake
9 Beef Stew Seven Layer Salad Mandarin Oranges Buttermilk Biscuit	10 <u>National Diabetes Month</u> Hot Beef Sandwich Macaroni and Cheese Harvard Beets Creamy Citrus Coleslaw Pineapple Tidbits	11 Defiance County Senior Services will be Closed in observance of Veteran's Day 	12 <u>Alzheimer's Awareness</u> Baked Fish Spinach Red Skinned Potatoes Peaches Whole Wheat Bread Blueberry Crisp	13 Grilled Chicken Breast on Bun Sweet Potatoes Ambrosia Salad 3 Bean Salad
16 Sheppard's Pie Carrots Mandarin Oranges Whole Wheat Roll Pound Cake	17 Meat Loaf Cauliflower Fresh Apple Whole Wheat Bread Green Bean Casserole	18 <u>Volunteer Thank You Lunch</u> Roast Turkey Mashed Potatoes Corn Dressing Cranberry Salad Pumpkin Pie 	19 Baked Chicken Mixed Vegetables Sweet Potatoes Whole Wheat Roll Pear Halves	20 <u>OSU vs. Michigan Party</u> Cheeseburger on Bun Baked Beans Coleslaw Tropical Fruit Salad Game Day Cake
23 Salisbury Steak Buttered Broccoli Scalloped Potatoes Cinnamon Applesauce Whole Wheat Roll	24 Spaghetti and Meatballs Brussels Sprouts Plums Garlic Bread	25 <u>American Indian History</u> Pork Chop Succotash Apricots Cornbread Sweet Potatoes	Defiance County Senior Services will be Closed Thursday and Friday in celebration of the Thanksgiving Holiday.	
30 Baked Chicken Strips Baked Potato with Broccoli and Cheese Whole Wheat Roll Tapioca Pears	 <p style="text-align: center;">Eat More Fish!</p> <p>To access ingredient content, please call Ginny or Delinda 419-782-3321</p>	November Evening Meals - Join Us for a delicious holiday meal! Thursday, November 12th - Roast Turkey, Mashed Potatoes, Dressing, Corn, Cranberry Relish, Dinner Rolls and Pumpkin Pie Thursday, November 19th - Baked Ham, Mashed Potatoes, Tropical Fruit Salad, Green Bean Casserole, Cole Slaw and Pumpkin Pie		