

# November 2016 Menu

To questions regarding your meals please contact Robin at 419-782-3321

| Monday  | Tuesday  | Wednesday   | Thursday  | Friday  |
|---|--|---|---|---|
| <p>All of our breads &amp; rolls are whole wheat unless specified otherwise.</p> <p>lcs= low concentrated sweets</p> <p>SF = Sugar free</p> | <p>1<br/>Chicken Paprika over Noodles<br/>Tropical Fruit Salad<br/>Cauliflower<br/>Green Beans<br/>Whole Wheat Bread</p>       | <p>2<br/>Ham &amp; Bean Soup<br/>alt= Chicken &amp; Bean Soup<br/>Toss Salad<br/>Apricots<br/>Grape Juice<br/>Cornbread<br/>Salad Bar in Café</p> | <p>3<br/>Sloppy Joe Sandwich<br/>Au Gratin Potatoes<br/>Carrots<br/>Pears</p>   | <p>4<br/>Pork Chop &amp; Gravy<br/>Mashed Potatoes<br/>Mixed Vegetables<br/>Apple Slices<br/>Dinner Roll<br/>Birthday Cake<br/>lcs= Angel Food Cake</p>       |
| <p>7<br/>Cheeseburger<br/>Parsley Potatoes<br/>Brussels Sprouts<br/>Pears</p>   | <p>8<br/>Oven Fried Chicken<br/>Au Gratin Potatoes<br/>Broccoli<br/>Peachy-Cherry Fruit<br/>Wheat Roll<br/>Angel Food Cake</p> | <p>9<br/>Turkey Sandwich<br/>Broccoli/Cheese Soup<br/>Tropical Fruit Salad<br/>V-8 Juice<br/>Whole Wheat Bread<br/><br/>Salad Bar in Café</p>     | <p>10<br/><br/><b>Cook's Choice</b><br/><i>(and our cooks have very good taste!!)</i></p>   | <p>11 <i>Senior Services is Closed in observance of Veteran's Day</i></p>  |
| <p>14<br/>Chicken Patty with Gravy<br/>Baked Potato<br/>Baby Carrots<br/>Apricots<br/>Whole Wheat Roll</p>                                  | <p>15<br/>BBQ Pork Sandwich<br/>Baked Beans<br/>Warm Applesauce with Cinnamon<br/>Grape Juice</p>                              | <p>16<br/>Chicken Noodle Soup<br/>3 Bean Salad<br/>Apple<br/>Raisins<br/>Crackers<br/>Whole Wheat Bread<br/><br/>Salad Bar in Café</p>            | <p>17<br/>Turkey Slices with Gravy<br/>Mashed Potatoes<br/>Bread Dressing<br/>Green Bean Casserole<br/>Jellied Cranberry Sauce with Mandarin<br/>Oranges<br/>Pumpkin Pie<br/>lcs=SF Pie</p> | <p>18<br/>Beef &amp; Bean Burrito with Cheese<br/>Stewed Tomatoes<br/>Spanish Rice<br/>Fruit Cocktail<br/>Butterscotch Pudding<br/>lcs= SF Pudding</p>        |
| <p>21<br/>Chicken Strips<br/>Baby Red Potatoes<br/>Broccoli &amp; Cheese<br/>Fruit Cocktail<br/>Whole Wheat Roll</p>                        | <p>22<br/>Spinach Lasagna<br/>Italian Blend Vegetables<br/>Apple Slices<br/>Graham Crackers<br/>Whole Wheat Bread</p>          | <p>23<br/>Beef Vegetable Soup<br/>Pineapple Tidbits<br/>Blueberry Muffin<br/>Grape Juice<br/>Crackers<br/><br/>Salad Bar in Café</p>              | <p><i>Defiance County Senior Services is Closed for the Thanksgiving Holiday.</i></p> <p><b><i>We wish you all a very Happy Thanksgiving!</i></b></p>                                       |   |
| <p>28 Teriyaki Chicken Strips<br/>Stir Fry Vegetables<br/>Cabbage<br/>Brown Rice<br/>Mandarin Oranges<br/>Wheat Bread</p>                   | <p>29<br/>Beef &amp; Noodles<br/>Peas &amp; Onions<br/>Cole Slaw<br/>Pears<br/>Bosco Stick</p>                                 | <p>30<br/>Chili &amp; Cheese<br/>Peaches<br/>Banana<br/>Cornbread<br/><br/>Salad Bar in Café</p>  |   | <p>To access ingredient contents, please contact Delinda at 419-783-4813</p>  |