


Monday	Tuesday	Wednesday	Thursday	Friday	
November, 2022	Spaghetti & Meatballs 1 Romaine Salad Italian Bread Fruit Frosted Cake MO: Soy Crumbles in Sauce	Beef Stew 2 Biscuit Cottage Cheese Fruit Birthday Cake MO: Red Beans & Rice	Turkey Sandwich 3 Potato Leek Soup Fruit Chocolate Cake MO: Veggie Stir Fry	Roasted Herb Chicken 4 Brown Rice Medly Green Beans Multigrain Bread Fruit Jello MO: Hummus Sandwich	
	Pork Loin 7 Boiled Red Potatoes Mixed Veggies Bread Apple Pie MO: Veggie Patty	Chicken Alfredo 8 with Broccoli Italian Bread Fruit Frosted Cake MO: Noodles, Alfredo, Broc.	Turkey & Gravy 9 Mashed Potatoes Corn Cranberries Whole Wheat Roll Fruit MO: Veggie Casserole	Pizza Casserole w/sausage, 10 pepperoni, peppers, onions & mushrooms Green Beans Fruit Brownie MO: Veg. Pizza Casserole	Stuffed Shells 11 Spinach Cheese Bread Fruit Pumpkin Bar Meatless Meal
	Hamburger 14 Beef & Barley Soup Fruit Cookie MO: Egg Salad	Cabbage Rolls 15 Mashed Potatoes Carrots Rye Bread Fruit MO: Meatless Rolls	Meatloaf 16 Mashed Potatoes Corn Fruit Muffin MO: Veggie Patty	Roasted Herb Chicken 17 Brown Rice Medley Green Beans Multigrain Bread Fruit MO: Hummus Sandwich	Ham & Cheese 18 Sandwich Cream of Broccoli Soup Fruit Muffin MO: Egg Salad Sandwich
	Baked Ziti 21 Spinach Salad Whole Wheat Roll Fruit Brownie MO: Veg. Ziti	Baked Fish 22 Red Potatoes Cole Slaw WW Dinner Roll Fruit Angel Food Cake MO: Mac & Cheese	Roast Turkey & Gravy 23 Mashed Potatoes Corn Dinner Roll Fruit Apple Pie MO: Stuffed Shell		
	Breaded Fish Sandwich 28 On a Wheat Bun Augratin Potatoes Cole Slaw Cherry Pie MO: Hummus Sandwich	Beef Stroganoff 29 California Veggies Juice Wheat Bread Fruit MO: Soy Stroganoff	Dijon Chicken 30 Scalloped Potatoes Green Beans Fruit Italian Bread Ice Cream Sandwich MO: Veggie Patty	