



Wednesday

Stuffed Shells
Spinach
Cheese Bread
Fruit

*Birthday
Cake!*

Meatless Meal

Thursday

1 Chicken Alfredo
w Broccoli
Italian Beans
WW Bread
Fruit
Dessert
MO: Red Beans & Rice

Friday

2 Mushroom Steak/Gravy **3**
Mashed Potatoes
Whole Wheat Roll
Garden Blend Veggies
Fruit
Dessert
MO: Veggie Patty

Monday

Tuesday

6 Pizza Casserole
w/sausage, pepperoni,
peppers, onions
& mushrooms
Green Beans
Fruit and Dessert
MO: Veg. Pizza Casserole

7 Meatloaf
Baked Potato
Corn
WW Roll
Fruit
Dessert
MO: Veggie Patty

8 Tuna Noodle Casserole
w Mushroom & Onion
Peas & Carrots
WW Roll
Fruit
Dessert
MO: Soy Crumble Casserole

9 Sloppy Joe
on Wheat Bun
Minestrone
Saltines
Fruit
Dessert
MO: Egg Salad

10 Swedish Meatballs
Noodles
Cucumber Salad
Carrots
Fruit
Dessert
MO: Soy Crumble Gravy

13 Scalloped Potatoes &
Ham
Winter Veg. Mix
Multigrain Bread
Fruit
Dessert
MO: Cheese Sandwich

14 Roasted Herb Chicken
Brown Rice Medley
Green Beans
Dinner Roll
Fruit
Fruit Dessert
MO: Hummus Sandwich

15 Ham & Cheese Sandwich
w Lettuce & Tomato
Cream of Broccoli Soup
Saltines
Fruit
Dessert
MO: Egg Salad Sandwich

16 Baked Ziti
Spinach Salad
Whole Wheat Roll
Fruit
Dessert
MO: Veg. Ziti

17 Turkey Ala King
Brown Rice
Sourdough Bread
Fruit
Fruit Dessert
MO: Veggie Ala King

20 Roast Beef/Gravy
Mashed Potatoes
Glazed Carrots
WW Roll
Fruit
Dessert
MO: Veggie Patty

21 Cabbage Rolls
Roasted Red Potatoes
Carrots
Rye Bread
Fruit
Dessert
MO: Meatless Rolls

22 Traditional
Thanksgiving
Day Dinner
Served at
Olbrich Botanical Gardens



ADC Closed

23 Cold Beef Sandwich **24**
on WW Bread
w Lettuce & Tomato
Vegetable Soup, Saltines
Fruit
Dessert
MO: Cheese Sandwich

27 Spaghetti & Meatballs
Romaine Salad
Italian Bread
Fruit
Dessert
MO: Soy Crumbles in Sauce

28 Baked Fish
Yellow Rice
Cole Slaw
Green Beans
WW Dinner Roll
Fruit and Dessert
MO: Mac & Cheese

29 Chef Salad
w Ham & Turkey
WW Roll
Cottage Cheese
Fruit
Dessert
MO: Omit Meat, add Cheese

30 Dijon Chicken
Scalloped Potatoes
California Veg. Mix
WW Bread
Fruit
Dessert
MO: Veg. Patty



November 2023

* Noted items contain or may contain Pork