

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

What Are Probiotics and What Do They Do?

- Probiotics are the "good" bacteria — or live cultures — just like those naturally found in your gut. These active cultures help change or repopulate intestinal bacteria to balance gut flora.
- To obtain more probiotics, enjoy fermented dairy foods including yogurt, kefir products and aged cheeses, which contain live cultures. Plus, some non-dairy also have beneficial cultures, including kimchi, sauerkraut, miso, and tempeh.

Adapted from nutrition411.com

A: Sliced Turkey w/Gravy ¹
 B: Creole Beef Patty
 Oven Roasted Potatoes
 Broccoli w/Red Peppers
 Multi Grain Bread
 Fresh Fruit
 Milk | Margarine

A: Taco Beef ²
 B: Taco Chicken
 Lettuce & Tomato
 Mixed Beans
 Flour Tortilla
 Peach Crisp/Peaches
 Milk | Taco Sauce | Sour Cream

A: Chicken Noodle Casserole ³
 B: Mushroom Beef Patty
 Spinach
 Carrots
 Wheat Roll
 Mandarin Oranges
 Milk | Margarine

A: Lemon Pepper Chicken ⁶
 B: Savory Beef Patty
 Oven Roasted Potatoes
 Broccoli w/Red Peppers
 Multi Grain Bread
 Fresh Fruit
 Milk | Margarine

A: Hamburger Patty ⁷
 B: BBQ Rib Patty
 Scalloped Potatoes
 Green Beans w/Red Peppers
 Hamburger Bun
 Pineapple Tidbits
 Milk | Mustard

A: Pork Roast w/Pork Sauce ⁸
 B: Mushroom Chicken
 Brown Rice
 Brussels Sprouts
 Dinner Roll
 Fresh Fruit
 Milk | Margarine

A: Ham and White Beans ⁹
 B: Chilaquiles Casserole
 Scalloped Tomatoes
 Green Beans
 Cornbread
 Fruit Cocktail
 Milk | Margarine

A: Roast Beef w/Gravy ¹⁰
 B: Honey Mustard Chicken
 Baked Sweet Potato
 Zucchini w/Red Peppers
 Wheat Roll
 Birthday Cake
 Milk | Margarine

A: Swiss Steak ¹³
 B: Garlic Rosemary Chicken
 Whipped Potatoes
 Glazed Carrots
 Wheat Roll
 Tropical Fruit
 Milk | Margarine

A: Chicken Primavera ¹⁴
 B: Pasta Primavera
 Whole Kernel Corn
 Brussels Sprouts
 Breadstick
 Fresh Fruit
 Milk | Margarine

A: Creole Chicken ¹⁵
 B: Beef Chili
 Baked Potato
 Broccoli
 Dinner Roll
 Oatmeal Cookie/Diet Cookies
 Milk | Margarine

A: Meatball Stroganoff ¹⁶
 B: Chicken A La King
 Brown Rice
 Green Peas w/Red Peppers
 Biscuit
 Mandarin Oranges & Pineapple
 Milk | Margarine

A: Glazed Ham ¹⁷
 B: Turkey with Gravy
 Mashed Spiced Yams
 Cabbage
 Wheat Roll
 Fruited Gelatin/Diet Gelatin
 Milk | Margarine

A: Spanish Beef Patty ²⁰
 B: Pork Loin Piccata
 Delmonico Potatoes
 Zucchini
 Wheat Bread
 Peanut Butter Cookie/Diet Cookie
 Milk | Margarine

A: Baked Chicken w/Gravy ²¹
 B: Savory Beef Patty
 Country Corn
 Peas and Carrots
 Multi Grain Bread
 Fresh Fruit
 Milk | Margarine

THANKSGIVING MEAL ²²
 A: Turkey with Gravy
 B: Roast Beef w/Gravy
 Baked Sweet Potato
 Green Beans
 Wheat Roll
 Milk | Margarine
 Pumpkin Pudding

THANKSGIVING ²³
 Roast Turkey w/Cranberry
 Bread Dressing
 Mashed Potatoes w/Gravy
 Green Bean Casserole
 Dinner Roll
 Pumpkin Pie
 Milk | Margarine

CLOSED ²⁴

A: Cranberry Dijon Chicken ²⁷
 B: Beef Patty w/Pepper Gravy
 Rice Florentine
 Carrots
 Wheat Roll
 Fresh Fruit
 Milk | Margarine

A: Liver & Onions ²⁸
 B: BBQ Chicken
 Whipped Potatoes
 Broccoli
 Multi Grain Bread
 Pears
 Milk | Margarine

A: Sliced Turkey w/Gravy ²⁹
 B: Mushroom Beef Patty
 Baked Sweet Potato
 Mixed Vegetables
 Wheat Bread
 Fruited Gelatin/Diet Gelatin
 Milk | Margarine

A: Spaghetti w/Meat Sauce ³⁰
 B: Spinach Lasagna
 Tossed Salad
 Breadstick
 Cherry Crisp/Diet Crisp
 Milk | Margarine

**Food Allergy Reference List
 Available @ 419-382-5791**