

# Nutrition Menu

## November 2018

Mon	Tue	Wed	Thu	Fri
<p><b>Write your choice of menu option <u>A or B</u> on sign up sheet</b></p>	<p><b>Call <u>419-242-9511</u> 24 hrs. in advance to make a reservation</b></p>		<p><b>1</b> A– Taco Beef B– Taco Chicken Lettuce/tomato Mixed beans Flour tortilla Peach crisp</p>	<p><b>2</b> A– Chicken Noodle Casserole B–Mushroom Beef Patty Spinach, Carrots Wheat roll Mandarin oranges</p>
<p><b>5</b> A– Lemon Pepper Chicken B– Beef Patty Oven Roast Potatoes Okra/tomatoes Bread, fresh fruit</p>	<p><b>6</b> A– Hamburger Patty B– BBQ Pork Rib Patty Scalloped potatoes Green beans Bun Pineapple tidbits</p>	<p><b>7</b> A– Pork Roast B– Mushroom chicken Brown rice Brussel Sprouts Roll Fresh fruit</p>	<p><b>8</b> A– Ham/White Beans B– Chilaquiles Cass. Scalloped tomatoes Green beans Cornbread Fruit cocktail</p>	<p><b>9</b> A– Honey Mustard Chicken B– Roast Beef, gravy Baked sweet potato Zucchini Roll Sugar cookie</p>
<p><b>12</b> A– Swiss steak B– Garlic Rosemary Chicken Whipped potato Glazed carrots Roll Tropical fruit</p>	<p><b>13</b> A– Chicken Primavera B– Pasta Primavera Corn Brussel sprouts Bread Fresh fruit</p>	<p><b>14</b> A– Beef Chili B– Creole Chicken Baked potato Broccoli Roll Oatmeal cookie</p>	<p><b>15</b> A– Meatball stroganoff B– Chicken A la King Brown Rice Green peas Biscuit Mandarin oranges</p>	<p><b>16</b> A– Glazed Ham B– Turkey/Gravy Spiced yams Cabbage Roll Fresh fruit</p>
<p><b>19</b> A– Spanish Beef B– Pork Loin Delmonico potato Zucchini Bread Peanut butter cookie</p>	<p><b>20</b> A– Swedish meatball B– Chicken A la King Rotini noodles Green beans Roll Hot spiced apples</p>	<p><b>21</b> A–Sliced Turkey/gravy B– Roast Beef Baked sweet potato Green beans Roll Pumpkin pudding</p>	<p><b>22</b> <b>CLOSED</b> Thanksgiving Holiday</p>	<p><b>23</b> <b>CLOSED</b> Thanksgiving Holiday</p>
<p><b>26</b> A–Cranberry Dijon Chicken B– Beef Patty/gravy Rice Florentine Carrots Roll Fresh fruit</p>	<p><b>27</b> A– BBQ Chicken B– Liver w/Onions Whipped Potato Broccoli Bread Pears</p>	<p><b>28</b> A– Turkey/gravy B– Beef Patty Baked sweet potato Mixed vegetables Bread Fresh fruit</p>	<p><b>29</b> A– Spaghetti with meat sauce B– Spinach Lasagna Tossed salad Bread Cherry crisp</p>	<p><b>30</b> A– Honey Mustard Chicken B– Spinach Lasagna Tossed salad Bread Cherry crisp</p>