

# November 2023

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
		1 Chicken Parmesan Spinach Salad/Strawber Roasted Potatoes Bread Fruit	2 Veggie Barley Soup Turkey Sandwich Fruit	3 Smoked Sausage Cabbage Red Beans & Rice Fruit Roll
6 Sloppy Joe Squash Baked Potato Fruit Bread	7 Pork Posole Chef Salad Mexican Cornbread Fruit	8 Country Fried Steak Mashed Potatoes Mixed Veggies Fruit Bread	9 Hot Dogs w/ Chili Slaw Chips Fruit	10 Closed Veterans Holiday
13 Chicken Nuggets Cauliflower Sweet Potato Fruit Bread	14 Western Egg Bake Sausage Link Sliced Tomatoes Fruit Bread	15 Chicken Curry Lo Mein Fruit Bread	16 Pork Chop Stewed Tomatoes Pinto Beans Fruit Bread	17 Citrus Chicken Lemon Quinoa Green Beans Fruit Bread
20 Cheeseburgers Cucumber salad Home fries Fruit	21 Spaghetti w/ meat sauce Mixed veggies Fruit Bread	22 Thanksgiving Dinner	23 Closed	24 Closed
27 Hamburger Steak Rice Green Beans Fruit Roll	28 BBQ Cucumber Salad Sweet Potato Tots Fruit	29 Vegetable Frittata Tomato Soup Mushroom Risotto Crackers Fruit	30 Chicken Tenders Grits Greens Fruit Bread	

All Meals are subject to change due to availability of items. Voluntary contributions are appreciated we use a combination of federal, state and local funds to cover the cost of the meals. \$7.37 for home delivery meals and \$7.01 for congregate meal so there is no cost to you the consumer. All contributions from you will go back into the center here. The cost of a meal for guest is \$7.00 a guest is anyone who is under the age of 60, not a spouse of a qualifying adult and /are a volunteer for the day.

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