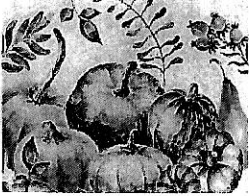



November Menu 2018



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
3 oz. Protein 4 oz. Fruit 4 oz. Vegetable 3 oz. Starch 2 oz. Grain 8 oz. Casserole	Milk and bread served with all meals.----- To request ingredient info., contact Country Neighbor at 440-437-6311		BBQ Pork Chop Rice Pilaf Peas & Carrot Applesauce Juice	Chicken Enchilades Spanish Rice Refried Beans/Cheese Mexican Corn Juice
5	6	7	8	9
Salisbury Steak Mashed Potatoes W/Gravy Sonoma Vegetables Cole Slaw Juice	Ham & Bean Soup Chicken Salad on Bun Tossed Salad Baked Apples w/ Raisins	Polish Sausage W/Sauerkraut Mashed Potatoes Beet Salad Peaches	Baked Chicken Rice Pilaf Mixed Vegetables 3 Bean Salad Fresh Banana	Vegetable Beef Soup Egg Salad Sandwich Broccoli Salad Tropical Fruit
12	13	14	15	16
Chicken Parmesan W/Penni Pasta & Sauce Broccoli Tossed Salad Mixed Fruit Garlic Bread	Chili Cornbread Coleslaw Waldorf Salad Juice	Ham Slice Scalloped Potatoes Green Beans Carrot Raisin Salad Pears	Roast Beef W/Gravy Mashed Potatoes Harvard Beets Cottage Cheese/Fruit Juice	Chicken Tortellini Soup Side Salad Cheesy Garlic Biscuit Ambrosia Juice
19	20	21	22	23
Ground Beef Gravy over Mashed Potatoes Lima Beans Cauliflower & Broccoli Salad Juice	Roasted Turkey/Stuffing Mashed Sweet Potatoes Creamed Peas Cranberry Applesauce	Stuffed Cheese Ravioli with Meat Sauce Tossed Salad Broccoli Tapioca Jello		We will be closed the 22 nd & 23 rd in observance of Thanksgiving!!
26	27	28	29	30
Country Fried Steak Mashed Potatoes W/Gravy Carrots Pea Salad Juice	Meatloaf Mashed Potatoes/Gravy Buttered Corn Peaches and Cream Juice	Creamed Chicken over Biscuit Pea & Carrots Waldorf Salad Tropical Fruit	Beef Stir Fry Oriental Vegetables Brown Rice Cabbage Salad Pineapple	Broccoli Cheese Soup Ham & Cheese Sandwich Fruited Tapioca Jello Juice