

Lunch Club 60 Menu November 2015

Monday	Tuesday	Wednesday	Thursday	Friday
2 Mild Chili Tossed Lettuce Salad w/French Dressing Wax Beans Oyster Crackers Pineapple	3 Vegetable Lasagna Tossed Lettuce Salad w/Ranch Dressing Italian Blend Vegetables Italian Bread Fresh Orange	4 Chicken ala King over Warm Biscuit Minestrone Peas Petite Banana	5 Rosemary Pork Loin Warm Applesauce Mashed Potatoes Gravy Brussels Sprouts Rye Bread Chocolate Pudding	6 Individual Meat Loaf w/Veggie Gravy Au gratin Potatoes California Blend Vegetables 12 Grain Bread Fruit Cocktail
9 Broccoli Cheese Quiche Apple Juice Heart Healthy Pasta Vegetable Soup Carrots Wheat Bread Pears	10 BBQ Pulled Pork on Bun Coleslaw w/Pineapple Corn Applesauce	11 Meatballs Pasta & Sauce Tossed Lettuce Salad Italian Dressing Tuscany Blend Vegetables Italian Bread Fresh Orange	12 <u>Thanksgiving</u> <u>Celebration</u> Menu to be Announced	13 Salisbury Steak w/Mushroom Sauce Mashed Winter Squash Broccoli Rye Bread Peaches
16 Breaded Haddock w/Tartar Sauce Coleslaw w/out Pineapple Peas Wheat Bread Apricots	17 Hot Roast Beef Sandwich w/Gravy Turkey Vegetable Soup Brussels Sprouts Italian Bread Petite Banana	18 Sweet & Sour Pork Brown Rice Spinach Oriental Blend Vegetables 12 Grain Bread Clementine	19 Stuffed Cabbage w/Tomato Sauce Split Pea Soup Carrots Rye Bread Pineapple	20 <u>Thanksgiving</u> <u>Celebration</u> Menu to be Announced
23 Sloppy Joes on Bun Mixed Vegetables Cauliflower Fruit Cocktail	24 Rosemary Oven Browned Chicken ¼ Navy Bean Soup Coleslaw w/Pineapple Wheat Bread Fresh Apple	25 Macaroni & Cheese Stewed Tomatoes Broccoli 12 Grain Bread Pears	26 <u>Happy</u> <u>Thanksgiving</u> <u>ABVI Closed</u> <u>Lifespan Downtown</u> <u>Open</u> Menu to be Announced	27 ABVI Closed No Meals Served
30 BBQ Pork Riblet on Bun Chicken Vegetable Soup Brussels Sprouts Peaches				All meals served with milk, bread and margarine. Soup served with crackers.

Certified by Mary Apps MS, RD, CDN 9/4/15

Monroe County Dept of HS/Office for the Aging

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