

# November



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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<b>1 Stuffed Green Pepper</b> Roasted Potatoes Carrots Apple Breadstick	<b>2 Chicken Tenderloin w/gravy</b> Red Skin Potatoes Broccoli Cuts Orange Sections Dinner Roll	<b>3 Turkey Burger w/bun</b> Lettuce/Tomatoes Cucumber Salad Red Grapes	<b>4 Tuna Noodle Casserole</b> Caribbean Vegetable Garden Salad Apricots Bread	<b>5 Baked Ham</b> Sweet Potatoes Whole Green Beans Banana Dinner Roll
<b>8 Beef Stroganoff</b> Califlower/Broccoli Salad Savory Spinach Fruit Medley Whole Wheat Bread	<b>9 Creamy Chicken &amp; Vegetables</b> Whipped Potatoes Salad Orange Sections Breadstick	<b>10 BBQ Chicken w/bun</b> Broccoli Pasta Salad Marinated Carrot Salad Peach Halves	<b>11 Meatloaf w/gravy</b> Red Skin Potatoes Garden Salad Normandy Vegetables Diced Pears Dinner Roll	<b>12 Turkey a la King w/rice</b> Herbed Green Beans Vegetable Salad Gelatin Grain Roll
<b>15 Vegetable Lasagna</b> Zucchini Cole Slaw Grapes Whole Wheat Bread	<b>16 Sweet &amp; Sour Meatballs</b> Rice Key West Vegetable Oriental Salad Red Apple	<b>17 Thanksgiving Lunch</b> Turkey w/gravy Mashed Potatoes Stuffing Mixed Vegetable Cole Slaw/Pumpkin Pie 	<b>18 Herbed Pork Loin</b> Oven Brownded Potatoes Baby Carrots Garden Salad Fruit Salad Wheat Roll	<b>19 Baked Pollock</b> Roasted Potatoes Normandy Blend Veg. 100% Fruit Juice Whole Wheat Roll
<b>22 Grilled Pork Patty</b> European Blend Sweet Potatoes Cinnamon Apples Wheat Bread	<b>23 Lemon Chicken</b> Brown Rice Prince Charles Blend Garden Salad Sliced Peaches Dinner Roll	<b>24 Mexican Beef &amp; Bean Casserole</b> Romaine Salad Spinach Apricots Wheat Bread	<b>25</b> BUILDING CLOSED	<b>26</b> BUILDING CLOSED
<b>29 Pizza</b> Three Bean Salad Carrots Grapes	<b>30 Oven Baked Fish</b> Herb Diced Potatoes Broccoli Cuts	<div style="border: 2px solid orange; border-radius: 15px; padding: 10px;"> <h2 style="margin: 0;">Nutrition Menu</h2> <p style="margin: 0;">Lunch is served at OPC                              Mon - Fri at Noon</p> <p style="margin: 0;">Reservations required - Call 248.659.1032                              by 11 am the day prior</p> <p style="margin: 0;"><b>COST OF LUNCH: 60 &amp; over - \$3 donation   Under 60 - \$4 charge</b></p> </div>		