

# November MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> Chicken Tenderloin w/Gravy Red Skin Potatoes Broccoli Cuts Orange Sections Dinner Roll	<b>2</b> Turkey Burger w/Bun Lettuce/Tomatoes Cucumber Salad Red Grapes	<b>3</b> Tuna Noodle Casserole Caribbean Vegetable Garden Salad Apricots Bread	<b>4</b> Baked Ham Sweet Potatoes Whole Green Beans Banana Dinner Roll
<b>7</b> Beef Stroganoff Broccoli Salad Savory Spinach Fruit Medley Whole Wheat Bread	<b>8</b> Creamy Chicken & Vegetables Whipped Potatoes Peas Orange Sections Dinner Roll	<b>9</b> BBQ Chicken w/Bun Three Bean Salad Marinated Carrot Salad Peach Halves	<b>10</b> Meatloaf w/Gravy Red Skin Potatoes Garden Salad Normandy Vegetables Diced Pears Dinner Roll	<b>11</b> Chicken a la King w/Rice Herbed Green Beans Cabbage Slaw Gelatin Grain Roll
<b>14</b> Vegetable Lasagna Zucchini Cole Slaw Grapes Whole Wheat Bread	<b>15</b> Sweet & Sour Meatballs Rice Key West Vegetable Oriental Salad Red Apple	<b>16</b> Turkey Breast w/Gravy Mashed Potatoes/Stuffing Mixed Vegetable Cole Slaw/Cranberry Sauce Pumpkin Pie/Dinner Roll	<b>17</b> Herbed Pork Loin Oven Browned Potatoes Baby Carrots Garden Salad Fruit Salad/Wheat Roll	<b>18</b> Baked Pollock Roasted Potatoes Normandy Blend Veg. 100% Fruit Juice Whole Wheat Roll
<b>21</b> Grilled Pork Patty European Blend Sweet Potatoes Cinnamon Apples Wheat Bread	<b>22</b> Lemon Chicken Brown Rice Prince Charles Blend Garden Salad Sliced Peaches Dinner Roll	<b>23</b> Mexican Beef & Bean Casserole Steamed Carrots Spinach Apricots Wheat Bread	<b>24</b> <b>OPC CLOSED NO DELIVERY USE FROZEN MEAL</b>	<b>25</b> <b>OPC CLOSED NO DELIVERY USE FROZEN MEAL</b>
<b>28</b> Pizza Three Bean Salad Carrots Grapes	<b>29</b> Oven Baked Fish Herbed Diced Potatoes Broccoli Cuts Fruit Salad Wheat Roll	<b>30</b> Pork Chop Creole Roasted Potato Asparagus Peach Slices Whole Wheat Bread	<b>MENU is subject to change based on product availability.</b>	

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The Senior Nutrition Program of the Area Agency on Aging 1-B is funded in part by the Federal Older Americans Act and the Michigan Department of Health & Human Services (MDHHS)/Aging and Adult Services Agency (AASA) and complies with the terms and regulations of the Title V of the Civil Rights Act of 1964 as amended, and Section 504 of the Social Rehabilitation Act of 1973 and is an Equal Opportunity Employer program. Reasonable accommodations will be provided upon notification or request. Contact information: [www.aaa1b.org](http://www.aaa1b.org) • 1.800.852.7795