

November MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chicken Tenderloin w/Gravy Red Skin Potatoes Broccoli Cuts Orange Sections Dinner Roll	2 Turkey Burger w/Bun Lettuce/Tomatoes Cucumber Salad Red Grapes	3 Tuna Noodle Casserole Caribbean Vegetable Garden Salad Apricots Bread	4 Baked Ham Sweet Potatoes Whole Green Beans Banana Dinner Roll
7 Beef Stroganoff Broccoli Salad Savory Spinach Fruit Medley Whole Wheat Bread	8 Creamy Chicken & Vegetables Whipped Potatoes Peas Orange Sections Dinner Roll	9 BBQ Chicken w/Bun Three Bean Salad Marinated Carrot Salad Peach Halves	10 Meatloaf w/Gravy Red Skin Potatoes Garden Salad Normandy Vegetables Diced Pears Dinner Roll	11 Chicken a la King w/Rice Herbed Green Beans Cabbage Slaw Gelatin Grain Roll
14 Vegetable Lasagna Zucchini Cole Slaw Grapes Whole Wheat Bread	15 Sweet & Sour Meatballs Rice Key West Vegetable Oriental Salad Red Apple	16 Turkey Breast w/Gravy Mashed Potatoes/Stuffing Mixed Vegetable Cole Slaw/Cranberry Sauce Pumpkin Pie/Dinner Roll	17 Herbed Pork Loin Oven Browned Potatoes Baby Carrots Garden Salad Fruit Salad/Wheat Roll	18 Baked Pollock Roasted Potatoes Normandy Blend Veg. 100% Fruit Juice Whole Wheat Roll
21 Grilled Pork Patty European Blend Sweet Potatoes Cinnamon Apples Wheat Bread	22 Lemon Chicken Brown Rice Prince Charles Blend Garden Salad Sliced Peaches Dinner Roll	23 Mexican Beef & Bean Casserole Steamed Carrots Spinach Apricots Wheat Bread	24 BUILDING CLOSED	25 BUILDING CLOSED
28 Pizza Three Bean Salad Carrots Grapes	29 Oven Baked Fish Herbed Diced Potatoes Broccoli Cuts Fruit Salad Wheat Roll	30 Pork Chop Creole Roasted Potato Asparagus Peach Slices Whole Wheat Bread	JOIN US FOR LUNCH! Lunch is served at OPC Mon - Fri at noon Reservations required - Call 248.659.1032 by 11 am the day prior COST: 60 & over - \$3 donation Under 60 - \$4 charge	

Older Persons' Commission | 650 Letica Drive | Rochester, MI | 48307 248.656.1403

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 • 1.800.852.7795