



# AGING & DISABILITY RESOURCE CENTER

November 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1				
<p><b>Suggested Contribution: \$5/meal.</b></p> <p>Please pay as much as you can afford. We rely on donations to keep the program going.</p>				<p><b>Beef Pot Roast w/ Gravy</b> Whole Grain Dinner Roll Parsley Red Potatoes Butternut Squash Three Bean Salad Mint Frosted Fudge Brownie</p>
8				
4	5	6	7	8
<p><b>Chicken a la King</b> Whole Grain Dinner Roll Glazed Carrots Peaches</p>	<p><b>Roasted Pork w/ Sauerkraut</b> Whole Wheat Bread BBQ Pinto Beans Corn Oreo Cookies</p>	<p><b>Meatballs w/ Tomato Sauce</b> Spaghetti Whole Grain Dinner Roll Mixed Vegetables Cucumber Salad Fruited Gelatin</p>	<p><b>Chicken Booyah w/ Crackers</b> Whole Wheat Bread Garden Salad Pumpkin Bar</p>	<p><b>Beef Stew</b> Whole Grain Dinner Roll Peas Frosted Lemon Cake Fruit Juice</p>
15				
11	12	13	14	15
<p><b>Baked Tilapia</b> Rye Bread Roasted Garlic Potatoes Beets Pears</p>	<p><b>BBQ Pork Rib</b> Cornbread Garden Salad Warm Spiced Peaches String Cheese Lorna Doone Shortbread Cookies</p>	<p><b>Cheeseburger</b> Lettuce &amp; Tomato Baked Potato Wedges Stewed Tomatoes Mixed Fruit</p>	<p><b>Asian Beef</b> Whole Grain Dinner Roll Vegetable Fried Rice Glazed Carrots Mandarin Oranges</p>	<p><b>Bruschetta Chicken</b> Whole Wheat Bread Lentils Italian Vegetable Blend Garden Salad Pudding</p>
22				
18	19	20	21	22
<p><b>Meatballs w/ Gravy</b> Whole Grain Dinner Roll Brown Rice Peas Garden Salad Orange</p>	<p><b>Beef Fajitas</b> Shredded Lettuce &amp; Diced Tomatoes Shredded Cheddar Cheese &amp; Sour Cream Black Beans Applesauce Pudding</p>	<p><b>Brown Sugar Glazed Ham</b> Whole Grain Dinner Roll Mashed Sweet Potatoes Corn Tropical Fruit Vanilla Frosted Spice Cake</p>	<p><b>Chicken Parmesan</b> Whole Grain Dinner Roll Penne Pasta Irish Vegetable Blend Pears Oatmeal Raisin Cookie</p>	<p><b>Chicken Noodle Soup w/ Crackers</b> Egg Salad Garden Salad Pineapple Upside Down Cake Fruit Juice</p>
29				
25	26	27	28	
<p><b>Chicken Pot Pie</b> Buttermilk Biscuit Garlic Mashed Potatoes Carrots Diced Pears</p>	<p><b>Pork Chop Suey</b> Whole Grain Dinner Roll Fried Rice Peas Fruited Gelatin</p>	<p><b>Turkey w/ Gravy</b> Whole Wheat Bread Mashed Potatoes Green Beans Old-Fashioned Apple Pie Fruit Juice</p>	<div style="display: flex; align-items: center; justify-content: center;"> <p style="font-size: 2em; color: #f4a460; margin: 0;"><b>Happy Thanksgiving!</b></p> </div>	

All Meals are Served with 1% Milk | Due to circumstances beyond our control, menu changes may occur from time to time.

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