

November, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
EACH MEAL IS SUPPLIED WITH A 1/2 PINT OF 2% MILK			1 Beef Macaroni w/Tomato Green Peas Yellow Crookneck Squash White Roll Sugar Free Gelatin Cup	2 Roasted Turkey Breast Poultry Gravy Sweet Potatoes Green Beans Whole Wheat Bread (1) Sugar Free Pudding Cup
5 Turkey ala King Red Bliss Potatoes Brussels Sprouts Biscuit Sugar Free Gelatin Cup	6 Roast Pork Apple Berry Sauce Green Peas Carrots Wild Rice Blend Sugar Free Gelatin Cup	7 Beef & Rice Patty w- Cabbage Cabbage with entrée Normandy Blend Vegetables Whole Wheat Bread (1) Spiced Peaches	8 Smothered Chicken Breast Whipped Sweet Potatoes Steamed Spinach Whole Wheat Bread (1) Mandarin Oranges	9 Beef Stroganoff w/ Noodles Green Beans Whole Kernel Corn Whole Wheat Bread (1) Applesauce
12 Roast Beef Brown Gravy Mashed Potatoes Carrots White Roll Sugar Free Gelatin Cup	13 Baked Chicken Thigh Herbed Potatoes Normandy Blend Vegetables Whole Wheat Bread (1) Peaches	14 Breaded Fish Tartar Sauce Yellow Crookneck Squash Steamed Spinach Whole Wheat Bread (1) Graham Crackers	15 Chicken Breast Fillet Italian Herb Sauce Green Peas Cauliflower Whole Wheat Bread (1) Fruit & Grain Bar	16 Hamburger Pinto Beans Chuckwagon Corn Hamburger Bun Sugar Free Gelatin Cup
19 Turkey with Divan Sauce Steamed Spinach Whole Kernel Corn Whole Wheat Bread (1) Sugar Free Pudding Cup	20 Beef Patty Pepper & Onion Gravy Green Peas Steamed Cabbage Whole Wheat Bread (1) Applesauce	21 Breaded Chicken Patty Carrots Green Beans Hamburger Bun Mandarin Oranges	22 Sweet & Sour Pork Pears Broccoli Cuts Steamed Rice Sugar Free Gelatin Cup	23 Chicken Pomodoro Italian Blend Vegetables Brussels Sprouts Peaches
26 Veal with Parmesan Sauce Capri Blend Vegetables Green Peas Noodles (1/3 c) Pears	27 Turkey with Divan Sauce Steamed Spinach Whole Kernel Corn Whole Wheat Bread (1) Sugar Free Pudding Cup	28 Meatballs Brown Gravy Mashed Potatoes Normandy Blend Vegetables Whole Wheat Bread (1) Sugar Free Gelatin Cup	29 Hearty Pork Stew Green Beans Steamed Cabbage Whole Wheat Bread (1) Mixed Fruit	30 Chicken Breast Fillet Honey Mustard Sauce Carrots Rosemary Potatoes Whole Wheat Bread (1) Applesauce

**ALL MENUS ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE **

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THE NUTRITIONAL INFORMATION CONTAINS THE MILK OFFERED WITH EACH MEAL			1 CAL = 533 FAT = 5.81 G SODIUM = 1.71 MG FIBER = 9.66 G CARBS = 62.05 G CALCIUM = 503.49 MG	2 CAL = 515.03 FAT = 1.38 G SODIUM = 0.91 MG FIBER = 5.71 G CARBS = 72.29 G CALCIUM = 326.64 MG
5 CAL = 584.47 FAT = 3.51 G SODIUM = 2.25 MG FIBER = 7.99 G CARBS = 71.81 G CALCIUM = 453.1 MG	6 CAL = 544.72 FAT = 3.5 G SODIUM = 2.07 MG FIBER = 11.51 G CARBS = 71.33 G CALCIUM = 634.79 MG	7 CAL = 586.17 FAT = 7.67 G SODIUM = 2.12 MG FIBER = 8.67 G CARBS = 67.48 G CALCIUM = 560.56 MG	8 CAL = 512.49 FAT = 2.26 G SODIUM = 1.53 MG FIBER = 9.1 G CARBS = 72.62 G CALCIUM = 532.95 MG	9 CAL = 626.52 FAT = 2.74 G SODIUM = 1.36 MG FIBER = 7.21 G CARBS = 74.92 G CALCIUM = 449.68 MG
12 CAL = 607.03 FAT = 2.08 G SODIUM = 1.94 MG FIBER = 6.53 G CARBS = 70.45 G CALCIUM = 415.42 MG	13 CAL = 618.48 FAT = 3.6 G SODIUM = 2.8 MG FIBER = 7.55 G CARBS = 66.51 G CALCIUM = 569.82 MG	14 CAL = 518.59 FAT = 4.09 G SODIUM = 1.06 MG FIBER = 6.96 G CARBS = 75.99 G CALCIUM = 413.12 MG	15 CAL = 538.96 FAT = 1.78 G SODIUM = 1.31 MG FIBER = 10.76 G CARBS = 72.49 G CALCIUM = 438.17 MG	16 CAL = 591.79 FAT = 1.59 G SODIUM = 1.13 MG FIBER = 9.49 G CARBS = 72.76 G CALCIUM = 382.23 MG
19 CAL = 524.38 FAT = 2.2 G SODIUM = 1.22 MG FIBER = 10.27 G CARBS = 67.32 G CALCIUM = 462.21 MG	20 CAL = 536.37 FAT = 1.43 G SODIUM = 1.16 MG FIBER = 10.29 G CARBS = 62.89 G CALCIUM = 386.28 MG	21 CAL = 546.45 FAT = 1.42 G SODIUM = 1.24 MG FIBER = 9.42 G CARBS = 74.94 G CALCIUM = 395.87 MG	22 CAL = 647.77 FAT = 8.98 G SODIUM = 2.26 MG FIBER = 6.16 G CARBS = 74.13 G CALCIUM = 554 MG	23 CAL = 534.55 FAT = 1.47 G SODIUM = 1.9 MG FIBER = 10.92 G CARBS = 69.83 G CALCIUM = 457.23 MG
26 CAL = 562.48 FAT = 6.52 G SODIUM = 101.28 MG FIBER = 13.49 G CARBS = 74.12 G CALCIUM = 491.59 MG	27 CAL = 524.38 FAT = 2.2 G SODIUM = 1.22 MG FIBER = 10.27 G CARBS = 67.32 G CALCIUM = 462.21 MG	28 CAL = 664.97 FAT = 2.07 G SODIUM = 1.95 MG FIBER = 7.94 G CARBS = 70.67 G CALCIUM = 466.23 MG	29 CAL = 603.2 FAT = 8.72 G SODIUM = 1.88 MG FIBER = 7.72 G CARBS = 62.19 G CALCIUM = 566.79 MG	30 CAL = 527.92 FAT = 3.28 G SODIUM = 1.53 MG FIBER = 7.49 G CARBS = 70.45 G CALCIUM = 434.95 MG

GM = GRAMS CAL = CALORIES MG = MILIGRAMS CARBS = CARBOHYDRATES