

Elderly Nutrition  
Program  
725-2791

for information or meal reservations  
(Call by 12:30pm a day in advance)



# November

2023

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

 <p>- Due to National Supply Issues - Menus are Subject to Change</p>		<p>1 Kansas City Riblet Steamed Broccoli Seasoned Black Beans Pineapple &amp; Mangoes Wheat Bread Oatmeal Raisin Cookie</p>	<p>2 Cheese Omelet Maple Roasted Sweet Potatoes Fresh Orange Warm Peaches with Granola Blueberry Muffin</p>	<p>3 No Meal Service</p>
<p>6 Ketchup Meatloaf Mashed Potatoes Scalloped Tomatoes Peaches Wheat Dinner Roll Banana Pudding</p>	<p>7 Scalloped Potatoes with Ham Diced Carrots Warm Cinnamon Applesauce Wheat Dinner Roll Pumpkin Spice Pudding</p>	<p>8 Chicken Broccoli Casserole over Rice Peas and Carrots Strawberries Peanut Butter Cookie</p>	<p>9 No Meal Service</p>	<p>10 Cheeseburger Sesame Bun Broccoli Bacon Salad Seasoned Pinto Beans Warm Apple Crisp</p>
<p>13 Chicken Marsala Mashed Potatoes Stewed Tomatoes Peaches Wheat Dinner Roll Vanilla Pudding</p>	<p>14 Chicken with Gravy Rice Pilaf Mixed Vegetables Romaine Salad Salad Dressing Cinnamon Apples with Granola</p>	<p>15 Shredded BBQ Pork Wheat Bun Baked Beans Creamy Coleslaw Warm Fruit Crisp</p>	<p>16 Meatballs with Gravy Cheesy Hash Browns Rutabaga Pears Wheat Dinner Roll Tapioca Pudding</p>	<p>17 Italian Goulash Diced Carrots Corn Sunshine Fruit Salad Chocolate Chip Cookie</p>
<p>20 Baked Ziti with Meat Sauce Corn Warm Cinnamon Apples</p>	<p>21 Montreal Chicken Steamed Broccoli Diced Carrots Pineapple Wheat Dinner Roll Sugar Cookie</p>	<p>22 Roasted Turkey in Gravy Stuffing Green Beans Romaine Salad Salad Dressing Cranberry Sauce</p>		<p>24 Brat Wheat Bun Seasoned Pinto Beans Potato Salad Blueberry Buckle</p>
<p>27 Western Frittata Breakfast Potatoes Warm Applesauce Fresh Orange Apple Cinnamon Muffin</p>	<p>28 Sloppy Joe Wheat Bun Herbed Red Potatoes Steamed Broccoli Spiced Peaches Chocolate Cake</p>	<p>29 Creamy Chicken Pasta Diced Carrots Beets Apple Slices Chocolate Chip Cookie</p>	<p>30 Salisbury Steak with Gravy Glazed Yams Baked Beans Pineapple Wheat Dinner Roll Ring Donut</p>	



# Winnebago County Weekend Meals November 2023

November 4<sup>th</sup>

Chef's Choice

November 5<sup>th</sup>

Chicken Pot Pie over a Biscuit  
Carrots  
Mixed Fruit Compote

Accompaniments: Assorted Breads (2), Butter (2), 1% Milk (2), Fresh Orange and Dessert

November 11<sup>th</sup>

Swedish Meatballs over  
Egg Noodles  
Peas  
Diced Carrots

November 12<sup>th</sup>

Montreal Chicken  
Maple Roasted Sweet Potatoes  
Peas

Accompaniments: Assorted Breads (2), Butter (2), 1% Milk (2), Fresh Apple and Dessert

November 18<sup>th</sup>

Ketchup Meatloaf  
Mashed Potatoes  
Corn with Red Peppers

November 19<sup>th</sup>

Western Omelet  
Poatoes with Peppers and Onions  
Apple Granola

Accompaniments: Assorted Breads (2), Butter (2), 1% Milk (2), Fresh Orange and Dessert

November 25<sup>th</sup>

Hamburger au Jus  
Rutabaga  
Diced Carrots

November 26<sup>th</sup>

Chicken Marsala  
Rice Pilaf  
Capri Vegetables

Accompaniments: Assorted Breads (2), Butter (2), 1% Milk (2), Fresh Apple and Dessert



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