





**HRDC Senior Center's Menu
November-17**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Age 60 and Over Suggested Donation \$3.75</p> <p>Under Age 60 Full Pay \$5.00</p>		<p>11/1/2017</p> <p>Breaded Fish Sandwich on WW Bun Coleslaw Seasoned Spuds Broccoli Grape Juice Milk</p>	<p>11/2/2017</p> <p>Pot Roast Potatoes Butter Beans Green Beans Butterscotch Fluff 100% Orange Juice WW Roll / Milk</p>	<p>11/3/2017</p> <p align="right">NO MEALS</p> <p align="center">  2017 Annual MEETING </p>
11/6/2017	11/7/2017	11/8/2017	11/9/2017	11/10/2017
<p>Spaghetti w/ Meat Sauce Tossed Salad Italian Mixed Veggies Garlic Bread Stick Apple Juice Milk</p>	<p>Ham/Cheese Quiche Cream of Broccoli Soup (with added broccoli) Mixed Veggies Biscuit Pineapple Juice Brownie/ Milk</p>	<p>BBQ Chicken Sweet Potato Wedges Lima Beans Cauliflower seasonal fruit Whole Wheat Bread ** Grape Juice / Milk</p>	<p>Parmesan Crusted Fish Mac n Cheese Stewed Tomatoes Whole Wheat Bread Pickled Beets 100% Orange Juice Cookie / Milk</p>	<p>Liver and Onions Mashed Potatoes w/ Gravy California Mix Applesauce Whole Wheat Bread** 100% LS V-8 Juice Milk</p>
11/13/2017	11/14/2017	11/15/2017	11/16/2017	11/17/2017
<p>Italian Meatballs Penne Pasta w/ Marinara Sauce Italian Mxed Veggies 1 c. Garden Salad Garlic Bread Stick Apple Juice Milk</p>	<p>Beef Barley Soup Chicken Salad Sandwich on Whole Wheat Bun Coleslaw Peaches Pineapple Juice Lemon Fluff Milk</p>	<p>Philly Cheese Steak Hoagie Roll Seasoned Lettuce with Chunk Tomatoes Baked Chips Grapes 100% Orange Juice Milk</p>	<p>Mexican Chicken Salad Baked Tortilla Chips** Onions, Peppers Tomatoes, Lettuce Pinto Beans Seasonal Fruit Grape Juice Sour Cream/ Milk</p>	<p>Lemon Pepper Baked Fish Rice Pilaf Stewed Tomatoes Pickled Beets Whole Wheat Bread 100% LS V-8 Juice Cake Milk</p>
11/20/2017	11/21/2017	11/22/2017	11/23/2017	11/24/2017
<p>Swedish Meatballs over brown Rice Broccoli Butter Beans Whole Wheat Bread Peaches Apple Juice Milk</p>	<p>Chicken Patty on Whole Wheat Bun Vegetable Soup French Fries Applesauce Pineapple Juice Milk Jello</p>	<p align="center">Thanksgiving Meal</p> <p>Turkey & Dressing Mashed Potatoes w/ Gravy Green Beans Coleslaw Grape Juice Pumpkin Dessert Cranberry/Dinner Roll/ Milk</p>		
11/27/2017	11/28/2017	11/29/2017	11/30/2017	
<p>Salisbury Steak w/ Gravy Red Smashed Potatoes Baby Carrots Spinach Whole Wheat Bread** Apple Juice Milk</p>	<p>Chili w/ Turkey Burger w/ kidney Beans Spanish Rice Green Peas Applesauce 4-6 Crackers Pineapple Juice Milk</p>	<p>Ham/Cheese Quiche Cream of Broccoli Soup (with added broccoli) Mixed Veggies Biscuit Brownie 100% Orange Juice Milk</p>	<p>Chicken Fricassee Roasted Potatoes Brussel Sprouts Whole Wheat Bread** Ambrosia Grape Juice Milk</p>	

*Substitutions may be made according to availability of items

HRDC is an Equal Opportunity Provider

8/21/2017

** ADC add slice bread for grain requirement

