SERVING SIZES
Grains – 2 ounces
Vegetables – ½ cup
Fruits – ½ cup
Protein – 3 ounces
Dairy – 1 cup

November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Beef & vegetable Shepards pie Mashed potato Corn bread Sliced peaches	3 Lemon chicken w/artichokes Cauliflower bulgar pilaf Mashed sweet potatoes	4 Swedish meatballs w/ mushroom gravy Italian green beans Barley pilaf Fresh melon	5 Pork loin w/apple onion gravy Vegetable medley Rice pilaf	6 Lentil soup Sausage & pepper sandwich Roasted zucchini & yellow squash Sliced pears Corned beef & Swiss
9 Minestrone soup Moroccan chicken Roasted broccoli w/ cheese Sweet potato Fruit cocktail Roast beef sandwich	10 Mushroom barley soup Sloppy joe Sautéed Greek vegetables Lemon potatoes Jello Seafood salad -plate	11 **CLOSED**	12 Split pea soup Pot roast w/ gravy Mashed potatoes Glazed carrots Cake Egg salad sandwich	13 Tuscan vegetable soup Chicken stew Brussels sprouts Roasted sweet potatoes Sliced pears Greek salad w/ chicken
16 Minestrone soup Chicken marsala Mixed vegetables Rice Florentine Fresh fruit Ham & cheese on rye	17 Three bean soup Italian meatballs w/red sauce Roasted red potatoes Green beans w/ diced tom & onion Tropical fruit Turkey & cheese on wheat	18 Chicken soup Pork roast w/ gravy Brown rice pilaf Stewed tomatoes w/ zucchini Cookie Chicken salad plate	19 Butternut squash soup Roasted turkey w/gravy Stuffing Mashed potato /cranberry sauce Roasted root vegetables Holiday pies (no option)	20 Kale & sausage soup Baked fish Rice pilaf Cole slaw Watermelon Italian grinder
23 Vegetable soup Baked pasta w/mini meatballs & Sausage Roasted green beans & carrots Sliced pears Chicken Salad On wheat	24 Escarole & bean soup Roasted chicken w/spinach & tomatoes Rice pilaf / mixed vegetables Sliced peaches Egg salad on rye	25 Tomato basil spinach soup Honey garlic pork chops Garlic mashed cauliflower Baby carrots Cookie Seafood salad plate	26 **CLOSED**	27 **CLOSED**
30 Lentil soup w/vegetables Pub burger w/cheese 3 bean salad Potato wedges Cookie Ham & cheese on rye				All menu items may contain nuts, seeds, beans, wheat bran, and other allergens

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