November

HBF

Please Call your Local Senior Center to Confirm

Monday	Tuesday	Wednesday	Thursday	Friday
2 3oz Baked Meatloaf w/ 2oz Carmelized Onion Gravy 1/2c Garlic Mashed Potatoes 1/2c Seasoned Green Peas Wheat Bread 1 Orange	**3** CrispyPollock Filet 1/2c Macaroni & Cheese 1/2c Stewed Tomatoes Fresh Orange 1 Hamburger Bun Tartar Sauce	**4** BBQ Pork Rib Sandwich 1/2c Steamed Seasoned Cauliflower 1/2c Coleslaw 1/2c spiced apples Hamburger Bun	**5** Parmesan Garlic Chicken Salad (1c Lettuce, 2oz Chicken, 1 HB Egg 1oz Cheese, 2oz Tomato) 4oz Orange Juice Dinner Roll NEW ITEM 1 Cookie	**6** Call your local Senior Center for meal information.
9 Sweet Italian Sausage Sandwich 1/2c Onions & Peppers Medley 1/2c Buttered Carrots 1/2c Mixed Fruit Medley Hot Dog Bun NEW ITEM	**10** Crsipy Dill chicken sandwich 1/2c golden roasted potatoes 1/2c winter blend vegetables hamburger bun	**11** **Happy Veterans Day!** CLOSED	**12** Southwest Taco Salad (3oz Taco Meat, .5oz Cheddar, Lettuce, Tomato, Salsa) Tortilla Chips (8pc) 1/2c Seasoned Sweet Corn 1/2c Mandarin Oranges	**13** Call your local Senior Center for meal information.
16 Tomato Stuffed Cabbage Casserole 1/2c Garlic Mashed Potatoes 1/2c Seasoned Broccoli Dinner Roll Fresh Fruit (Apple)	**17** Crispy Chicken Cutlet w/ 2oz Pan Gravy 1/2c Buttered Parsley Pasta 1/2c Brussel Sprouts 1/2c Mixed Fruit	**18** ***Thankskgiving Special*** 3oz Roast Turkey w/ 2oz Gravy 2oz Bread Stuffing 1/2c Whipped Potatoes w/ Chives Corn - Dinner Roll Pumpkin Custard	**19** 1pc Breakfast Omelet 1/2c Herbed Breakfast Potatoes Mandarine orange Buttery Biscuit	**20** Call your local Senior Center for meal information.
23 Classic Cheeseburger 1/2c Golden Roasted Potatoes 1/2c Steamed Seasoned Cauliflower Hamburger Bun Fresh Fruit (Banana)	**24** 3 oz. Braised Beef Pot Roast 2 fl. Oz. Pan Gravy 1/2c Cheesy Mashed Potatoes 1/2c Vegetable Medley 1 Wheat Bread Fresh Fruit (Orange)	**25** 6 oz. Cheddar Egg Scramble 1/2c Homestyle O'brien Potatoes Buttery Biscuit Orange Juice NEW ITEM	**26** **Happy Thanksgiving!** CLOSED	**27** CLOSED
30 3 oz. Ham with BBQ Glaze 1/2c Seasoned Green Peas 1/2c Warm Spiced Apples 1/2c Homestyle Coleslaw Hamburger Bun		814.623.5140	***Practicing gratitude has been linked to better sleep and lower stress. So remember what you're thankful for this Thanksgiving!***	