









Monthly Menu - November 2018

Thu	1	STIR-FRY PORK , White Rice, Scandinavian Blend, Claremont Salad, Orange Chicken Salad with White Beans, Scandinavian Vegetables, Orange
Fri	2	SALISBURY STEAK W/ GRAVY , Mashed Potatoes, Broccoli, Creamy Cucumber Salad, Sliced Peaches  Pumpkin Enchilada Casserole, Broccoli, Creamy Cucumber Salad, Sliced Peaches
Mon	5	 Baked Penne Pasta , Scandinavian Vegetables, Rainbow Spinach Salad w/Rainbow Dressing, Apple Roast Beef Sandwich, Spring Vegetable Soup, Rainbow Spinach Salad w/Rainbow Dressing, Apple
Tues	6	SOMALI CHICKEN , White Rice, Garden Blend Vegetables, Pepper Coleslaw, Orange Hard Boiled Egg Salad, Garden Blend Vegetables, Orange
Wed	7	TILAPIA W/CUCUMBER SAUCE , Couscous, Oregon Bean Medley, Spinach Salad w/ 1000 Island Dressing, Bread Pudding Turkey Sandwich, Potato Salad, Oregon Bean Medley, Spinach Salad w/1000 Island Dressing, Bread Pudding
Thu	8	CHICKEN STROGANOFF , Noodles, Capri Mix Vegetables, Four Bean Salad, Strawberry Pear Gelatin  Veggie Burger, Black Bean Soup, Capri Mix Vegetables, Four Bean Salad, Strawberry Pear Gelatin
Fri	9	BEEF & BROCCOLI , Rice, Capri Mix Vegetables, Garden Salad w/Italian Dressing, Banana Lemongrass Chicken, White Rice, Capri Mix Vegetables, Garden Salad w/Italian Dressing, Banana
Mon	12	CENTERS CLOSED FOR VETERAN'S DAY HOLIDAY
Tue	13	SPAGHETTI W/MEAT SAUCE , Scandinavian Blend Vegetables, Rainbow Spinach Salad, Seasonal Fruit Turkey Salad, Scandinavian Blend Vegetables, Seasonal Fruit
Wed	14	HONEY PINEAPPLE PORK , Noodles, Garden Blend Vegetables, Tossed Salad w/Ranch Dressing, Banana Chinese Chicken Salad, Garden Blend Vegetables, Banana
Thu	15	CHICKEN TERIYAKI , Couscous, Edamame Medley, Creamy Coleslaw, Apple  Plain Omelet w/Salsa, Potatoes, Edamame Medley, Apple

Fri	16	HOLIDAY MEAL! ROAST TURKEY w/Gravy and Cranberry Relish, Golden and Sweet Potato Mash, Stuffing, Brussel Sprouts, Tossed Salad w/ Italian Dressing, Pumpkin Pie w/Whipped Topping, No second entrée
Mon	19	TILAPIA W/ LEMON DILL SAUCE , Red Potatoes, Mixed Vegetables, Spinach Salad w/ Ranch Dressing, Orange  Southwest Quiche, Mixed Vegetables, Spinach Salad w/ Ranch Dressing, Orange
Tue	20	 BLACK BEANS AND BROWN RICE , Imperial Blend Vegetables, Garden Salad w/1000 Island Dressing, Chocolate Zucchini Cake Beef Taco Salad, Imperial Blend Vegetables, Chocolate Zucchini Cake
Wed	21	MEAT LOAF , Mashed Potatoes, Sunshine Carrots, Spinach Salad w/Ranch Dressing, Apple Pork Gyro, Sunshine Carrots, Spinach Salad w/Ranch Dressing, Apple
Thu	22	CENTERS CLOSED FOR THANKSGIVING HOLIDAY
Fri	23	CENTERS CLOSED FOR THANKSGIVING HOLIDAY
Mon	26	 BEAN & CHEESE BURRITO W/SALSA , Italian Blend Vegetables, Navy Bean Salad, Chocolate Chip Cookie Pork Sliders, Potato Wedges, Italian Blend Vegetables, Chocolate Chip Cookie
Tues	27	 OMELET W/SALSA , Tri-Cut Potatoes, Capri Blend Vegetables, Vermicelli Noodle Salad, Apple  Creamy Garlic Pizza, Capri Blend Vegetables, Vermicelli Noodle Salad, Apple
Wed	28	LEMONGRASS FISH , Brown Rice, Cabbage Parsley Salad, Garden Blend Vegetables, Chocolate Cake Shepherd's Pie, Cabbage Parsley Salad, Garden Blend Vegetables, Chocolate Cake
Thu	29	TURKEY TETRAZZINI , Spaghetti Noodles, Oregon Bean Medley, Tossed Salad w/Italian Dressing, Orange  Grilled Vegetable Sandwich, French Lentil Soup, Oregon Bean Medley, Tossed Salad w/Italian Dressing, Orange
Fri	30	SLOPPY JOE W/POTATOES , Hamburger Bun, Sliced Carrots, Spinach Salad w/French Dressing, Lemon Gelatin w/Blueberries Chicken Fajita Wrap, Tortilla Soup, Spinach Salad w/French Dressing, Lemon Gelatin w/Blueberries

 *Indicates Vegetarian Entrée*