



HOME DELIVERED MEAL MENU

November 2023

Nutrition, Inc.

		November 1 White Chicken Chili Carrots Brown Rice Fresh Fruit	November 2 Egg Frittata w/Ham, Peppers & Cheese Home Fries w/Cheese Mini Biscuit Fresh Fruit	November 3 Potato Crusted Fish Cheesy Whipped Potatoes Mixed Veggies White Bread Fruit Cup
November 6 Herb Roasted Chicken Breast w/Gravy Peas & Carrots Brussels Sprouts White Bread Cookie	November 7 Cabbage Roll w/Tomato Sauce Garlic Whipped Potatoes Carrots Dinner Roll Little Debbie	November 8 Meatloaf w/Gravy Seasoned Potatoes Corn White Bread Fresh Fruit	November 9 Pork Loin w/Gravy Au Gratin Potatoes Warm Apples w/Oatmeal Topping Dinner Roll Fresh Fruit	November 10 Swiss Steak w/Tomato-Onion Sauce White Rice Winter Blend Warm Cinnamon Pears
November 13 Chicken Patty w/Sauce & Cheese Brussels Sprouts Wheat Bread Warm Cinnamon Peaches	November 14 Stuffed Pepper Whipped Potatoes Yellow Beans Wheat Bread Cookie	November 15 Beef Tips w/Gravy Garlic Whipped Potatoes Peas Dinner Roll Mandarin Oranges	November 16 Holiday Meal Turkey w/Stuffing & Gravy Whipped Potatoes Brussels Sprouts White Bread Fruit Cup Pumpkin Pie	November 17 Springs w/Meatballs Carrots White Bread Fresh Fruit
November 20 Hot Dog & Bun Cheesy Potatoes Green Beans Mixed Fruit	November 21 BBQ Lean Beef w/Wheat Bun Rice Winter Blend Veggies Peaches	November 22 Chicken Piccata Gourmet Potatoes Peas Wheat Bread Fresh Apples	November 23 Italian Meatloaf Ravioli w/Sauce Carrots Wheat Bread Fresh Fruit	November 24 Teriyaki Chicken White Rice Broccoli Wheat Bread Fresh Fruit
November 27 Roast Beef & Gravy Buttered Noodles Mixed Veggies Wheat Bread Pineapple Tidbits Cookie	November 28 Cabbage Roll w/Tomato Sauce Garlic Whipped Potatoes Carrots Dinner Roll Fruit Cup	November 29 Tuscan Chicken Breast Parsley Potatoes Green Beans White Bread Fresh Seasonal Fruit Cookie	November 30 Salisbury Steak w/Mushroom Gravy Seasoned Potatoes Broccoli Wheat Bread Gelatin	

All meals include a choice of milk. Menus are subject to change if necessary due to supply and/or emergency.

Please be advised that food served may contain one of the following ingredients: milk, egg, fish (cod, tilapia), crustacean shellfish (crab, shrimp), tree nuts (almonds, pecans, walnuts), wheat, peanuts, soybeans.

9.27.23

