



Menu NOVEMBER 2021

Menu Key
 * Vitamin A Source
 + Vitamin C Source
 # High Salt
 @ Spicy
 NM No Meat, made with vegetable base
 ** Menu has changed since first print

November 1		November 2		November 3		November 4		November 5	
V - Cheese Enchilada Casserole, Refried Beans, Spanish Rice, Carrots with Onions		Chicken Marsala, Roasted Potatoes, Broccoli		Homestyle Meatloaf, Mashed Potatoes with Gravy, Carrots and Cauliflower		Szechuan Pork, Fluffy Brown Rice, Normandy Vegetable Blend		Chicken and Zucchini Alfredo Over Pasta, Broccoli and Cauliflower	
November 8		November 9		November 10		November 11		November 12	
V - Tuscan Bean Stew with Tofu, Brown Rice, Broccoli and Red Bell Peppers, Wheat Roll		Baked Ham with Cranberry-Pineapple Sauce, Seasoned Potatoes, Peas and Carrots, Wheat Roll		Bell Pepper Casserole (Ground Beef) with Rice, Normandy Vegetable Blend		CLOSED		Spaghetti with Zesty Meat Sauce (Turkey), Italian Green Beans with Onions	
November 15		November 16		November 17		November 18		November 19	
V - Chile Relleno Casserole, Black Beans, Spanish Rice, Seasonal Vegetables		Beef Stew, Seasoned Green Beans, Wheat Roll		Chicken Jambalaya, Classic Rice, Broccoli and Cauliflower		Pacific Rim Pork Roast, Red Beans and Rice, Seasoned Carrots		Turkey Baked Ziti, Seasoned Carrots and Broccoli	
November 22		November 23		November 24		November 25		November 26	
V - 3 Bean Chilli, Cornbread, Mixed Vegetables		Chicken Teriyaki Over Rice, Stir Fry Vegetables		Roasted Turkey with Cranberry Sauce, Old Fashioned Stuffing, Green Bean Casserole, Wheat Roll, Holiday Dessert		CLOSED		CLOSED	
November 29		November 30							
V - Gerardo's Santa Fe Macaroni and Cheese, Seasoned Broccoli		Italian Style Roast Beef, Mashed Potatoes, Capri Vegetable Blend, Wheat Roll							



Menu DECEMBER 2021

Menu Key
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 # High Salt
 @ Spicy
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 ** Menu has changed since first print

December 1		December 2		December 3	
BBQ Chicken, Baked Beans, Seasoned Green Beans, Wheat Roll		Zesty Lasagna (Ground Turkey), Italian Green Beans, Wheat Roll		Pork Roast with Mushroom Gravy, Classic Rice, Capri Vegetable Blend	
December 6		December 7		December 8	
V - Cheese Enchilada Casserole, Refried Beans, Spanish Rice, Carrots with Onions		Chicken Stew with Potatoes, Seasonal Vegetables		Homestyle Meatloaf, Mashed Potatoes with Gravy, Carrots and Cauliflower	
December 9		December 10			
Three Cheese Ham Pasta Bake, Seasoned Green Beans		Dave's Pulled Pork, Cornbread, Green Beans with Bacon			
December 13		December 14		December 15	
V - Lentil Stew Over Brown Rice, California Vegetable Blend, Wheat Roll		Chicken Cacciatore, Garlic and Herb pasta, Broccoli and Cauliflower		Italian Style Roast Beef, Mashed Potatoes, Green Beans	
December 16		December 17			
Turkey Baked Ziti, Seasoned Carrots and Broccoli		# Beef Hot Dog with Cheese, Tater Tots, Peas and Carrots			
December 20		December 21		December 22	
V - Vegetable Lasagna (Cheese, Mushroom, Spinach, Onion), Italian Green Beans		Chicken Teriyaki, Jasmine Rice, Stir Fry Vegetables		Swiss Steak with Tomato Gravy, Potato Medley, Broccoli, Wheat Roll	
December 23		December 24			
Baked Ham with Cranberry-Pineapple Sauce, Seasoned Potatoes, Seasonal Vegetables		CLOSED			
December 27		December 28		December 29	
V - Gerardo's Santa Fe Macaroni and Cheese, Seasoned Broccoli		Szechuan Pork, Fried Rice, Stir Fry Vegetables		Brown Sugar Chicken, Seasoned Potatoes, Carrots with Onions, Wheat Roll	
December 30		December 31			
Pot Roast, Mashed Potatoes with Gravy, Broccoli and Carrots		CLOSED			