



LUNCH MENU • NOVEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Turkey Pot Roast 5 Mashed Potatoes 20 Roasted Butternut Squash 16 Fruit Cocktail 16 Cranberry Walnut Bread 14	31 HALLOWEEN Herb Chicken 6, Gravy 3 Mashed Potatoes 20, Carrots 8 Clementines 18 French Bread Roll 19 Halloween Cookie 17	1 Grilled Stuffed Salmon 20 Herbed Pasta 19 Oven Rst Brussel Sprouts 15 Hot Cinnamon Applesauce 13 Naan Flatbread 20	2 Autumn Apple Chicken 39 Roasted Sweet Potatoes 19 Coleslaw 9 Multi-Grain Swirl Bread 23	3 Individual Pizza 27 Peas & Cheese Salad 12 Fruited Gelatin 15 Banana 27
6 Veal Patty 19 Penne 20 Red Pasta Sauce 12 California Blend Vegetables 6 Mandarin Oranges 12 Bread Stick 15	7 Chicken Pot Pie 40 Molded Applesauce Salad 23 Wheat Sweet Yeast Roll 23	8 Fish Tenders 14 Smashed Potatoes 19 Dilled Carrots 9 Fruited Gelatin 15 Wheat Sweet Yeast Roll 23	9 Pork Marsala 4 Rotini 16 Roasted Sweet Potatoes 19 Broccoli 4 Strawberries 24 Biscuit 18	10 Swedish Meatballs 16 Rotini 16 Cut Green Beans 3 Peaches 14 Pumpkin Muffin 35 Savory Garlic Bread 14
13 Pork Fritter 17 Parsley Potatoes 20 Stewed Apples 16 Cukes 'n Vinegar 7 Wheat Roll 12	14 Bourbon Chicken 2 Red, Green Peppers & Onions 7 Roasted Red Potatoes 24 Red Delicious Apple 21 Pumpkin Muffin 37	15 Roast Turkey Breast Mashed Potatoes 20 w/Gravy 6 Apple Cranberry Stuffing 7 Green Bean Casserole 12 Cranberry Sauce 16 Pumpkin Pie 55	16 Chicken Bowl 53 Applesauce 13 Trail Mix Salad 29	17 Baked Spaghetti 29 California Blend Vegetables 6 Banana 27 Bread Stick 15
20 Swiss Steak 5 Mashed Potatoes 20 Braised Cabbage 8 Strawberries & Blueberries 9 Sweet Orange Bread 25	21 Pork Chop Suey 19 Brown Rice 27 Cut Green Beans 3 Fresh Pear 23 Hawaiian Roll 14 Fortune Cookie 3	22 Dutch Chicken 7 Rotini 16 Carrots 8 Mango Chunks 14 Bread Pudding 34	23 ALL CENTERS CLOSED 	24 ALL CENTERS CLOSED 
27 Turkey Pot Roast 5 Mashed Potatoes 20 Roasted Butternut Squash 16 Fruit Cocktail 16 Cranberry Walnut Bread 14	28 Herb Chicken 6 Poultry Gravy 3 Mashed Potatoes 20 Carrots 8 Clementines 18 French Bread Roll 19	29 Grilled Stuffed Salmon 20 Herbed Pasta 19 Oven Rst Brussel Sprts 15 Hot Cinnamon Applesauce 13 Naan Flatbread 20	30 Autumn Apple Chicken 39 Roasted Sweet Potatoes 19 Coleslaw 9 Multi-Grain Swirl Bread 23	1 DECEMBER Individual Pizza 27 Peas & Cheese Salad 12 Fruited Gelatin 15 Banana 27

All meals served at 11:30 am at the Activity & Dining Centers. To reserve a lunch by 9 am call the Center you will attend: Sanford: (989) 687-7888 • Coleman: (989) 465-6216
 Trailside: (989) 633-3790 • Mills: (989) 282-1622 • Greendale: (989) 832-8683. Meals on Wheels Hotline: Call 989-633-3789 for changes in delivery by 9 am. Reservations are required. Menus subject to change without notice. Numbers after each menu item indicate the number of carbohydrates in grams for that item. Milk (13) is served with each meal.