

November 2019 Menu

Douglas County Senior Center

* Milk Served Daily

* Sliced WW Bread available upon request

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 BBQ Chicken Roasted Vegetables Broccoli Salad Cracked Wheat Bread Strawberries
4 Pork Egg Roll Cottage Cheese & Mandarin Oranges, Fried Rice Vegetable Chow Mein Fruit Cocktail Fortune Cookie	5 Spaghetti in Meat Sauce Zucchini, Colorful Salad FF Creamy Italian Drsg, 7 Grain Bread Orange Mango Cup	6. <u>VETERAN'S DAY CELEBRATION</u> Fried Chicken Mash Potato & Gravy, Pomegranate & Blueberry Spinach Salad w/ Poppy Seed Drsg, Black Beans w/ Roasted Corn Biscuit, Sliced Spiced Apple Red White & Blue Cupcake	7 Baked Cod Cajun Style LSLF Cream Style Corn Parsley Buttered New Potatoes, Chopped Fresh Spinach w/Honey Dressing 7 Grain Bread, Tropical Fruit Cup	8 Chicken Fried Steak Mashed Potato w/ Country Gravy Brussel Sprouts, 3 Bean Salad, V-8 Juice Pineapple Upside-Down Cake
11 CENTER CLOSED FOR HOLIDAY	12 Spanish Rice Turkey Taco Salad FF Creamy Italian Dressing Chantilly Fruit Cup	13 <u>Birthday Day</u> Roast Beef w/ Gravy Garden Salad W/Blue Cheese Drsg, Roasted Red Potatoes Topped with French Fried Onions Roasted Asparagus White Grape Juice Cake& Ice Cream	14 Steak Strips Smothered in Onions, Green Snap Beans Roasted Butternut Squash Mixed Green Salad New Italian Dressing Pears	15 Lentil Vegetable Soup Seafood Au Gratin in a Pastry Puff, Germany Blend Vegetables Walnut Tossed Salad Berry Paradise Parfait
18 Chicken Parmesan California Blend Vegetables Orange Spinach Salad Toasted Bread Stick Fruit Cocktail	19 Beef Tips w/ Mushroom Gravy over Fettucine Pea Salad, Winter Blend Vegetables, Diced Peaches German Chocolate Cake	20 Breaded Cod w/Tartar Sauce Acaridan w/ Dried Cherries and Gorgonzola Salad Butternut Squash, Brussel Sprouts w/ Cranberries & Pecans Diced Pears Pumpkin Cake	21 Crispy Orange Chicken Wrap in WW Tortilla, Asian Coleslaw w/ Ramen Noodles, Jasmine Rice Sugar Snap Peas w/ Carrots Diced Pears Tapioca Pudding & Fortune Cook	22 Roast Pork Tenderloin Potato Salad Honey Dijon Vegetables Spring Salad, Tangy Yogurt Salad Drsg. Tropical Fruit Cup Simmered Beans w/ Bacon
25 Tomato Soup Lemon Baked Fish Steamed Peas & Carrots Honey Wheat Berry Bread W/ Jam Crisp Ginger Cookies, Spiced Applesauce	26 Beef Stroganoff Noodles, Baked Acorn Squash Orange Spinach Salad Plums	27 <u>THANKSGIVING FEAST</u> Turkey & Stuffing Mashed Potato & Gravy Ambrosia Fruit Salad Sweet Potatoes, Squash Casserole, Green Bean Casserole, WW Roll Cranberry Sauce, Pumpkin Pie	28 CENTER CLOSED FOR HOLIDAY	29 CENTER CLOSED FOR HOLIDAY

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