



NOVEMBER 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Swedish Meatballs (39) Rice (21) Carrots (06) Diced Pears (14) Fresh Baked Roll (16)	2 Corn Chowder (22) Green Beans (11) Jell-O and Fruit Cup (09) Fresh Cornbread (33)	3 French Toast Sticks with Maple Syrup (58) Scrambled Eggs (01) Pork Sausage Links (00) Fresh Apple (28)	4 Cured Honey Baked Ham (00) Scalloped Potatoes (13) Diced Beets (06) Fresh Baked Roll (16) Fresh Baked Brownie (23) Assorted Tropical Fruit (08)	5 Salisbury Steak (05) Garlic Mashed Potatoes and Gravy (27) Mixed Vegetables (12) Fresh Baked Roll (15) Diced Pears (19)
8 Creamed Chicken over White Rice (30) Seasoned California Blend Vegetables (18) Fresh Baked Rolls (16) Pineapple Tidbits (07)	9 Hearty Beef and Vegetable Stew (14) Fresh Green Salad (2) Fresh Cornbread (33) Apple Crisp (67)	10 Smoked Ham and White Beans (25) Braised Cabbage (03) Apple Sauce (14) Fresh Baked Cornbread (33)	11 NO MEAL  <p>VETERANS DAY LEST WE FORGET</p>	12 Garlic Roasted Beef Round (00) Herb Roasted Baby Potatoes (15) Seasoned Peas (11) Mixed Fruit Fluff (58) Fresh Baked Roll (16)
15 Country Fried Steak (4) Mashed Potatoes & Gravy (27) Mixed Vegetables (12) Fresh Baked Roll (15) Diced Peaches (18)	16 Shepherd's Pie (79) Seasoned Carrots (06) Cottage Cheese and Mixed Fruit (12) Chocolate Brownie (23)	17 Savory Chicken Salad Wrap (18) Italian Pasta Salad (20) Kosher Pickle Spears (00) Diced Pears (19)	18 Teriyaki Chicken Bowl (8) Steamed White Rice (21) Fresh Steamed Broccoli (04) Fresh Apple (28) Fresh Baked Roll (16)	19 Thanksgiving Day Meal Roast Turkey Breast (03) Garlic Mashed Potatoes & Turkey Gravy (25) Carrots (06) Fresh Roll (15) Stuffing (20) Mandarin Oranges (11) Cranberry Sauce (22) Pumpkin Pie (35)
22 Malibu Chicken with Honey Mustard Sauce (08) Au Gratin Potatoes (22) Seasoned Green Beans (02) Fresh Baked Roll (16) Mandarin Oranges (11)	23 Homemade Chicken Pot Pie (14) Fresh Baked Biscuit (25) Garden Green Salad (02) Cinnamon Applesauce (14)	24 Homemade Meat Loaf (3) Garlic Mashed Potatoes & Gravy (27) Roasted Corn (14) Fresh Baked Roll (15) Navel Orange (22)	25 NO MEAL  <p>HAPPY THANKSGIVING</p>	26 NO MEAL 
29 Sweet and Sour Chicken (30) Steamed White Rice (21) Stir Fried Vegetables (12) Mandarin Oranges (11) Fortune Cookie (24)	30 Cheesy Pasta Bake (19) Seasoned Green Beans (02) Fresh Garlic Roll (15) Apple Sauce (14)	Please call to cancel the meal at least a day in advance 801-229-3802	Low fat milk (12) is provided with each meal Numbers in parentheses represent carbohydrate count	Suggested donation \$3/meal Menu subject to change