

Active Adult Center Menu – NOVEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Roast Pork Loin Rosemary Seasoned Redskin Potatoes Green Beans Biscuit with Apple Butter Dinner Roll	Chicken Caesar Salad Romaine with Caesar Dressing Cottage Cheese Peaches Crackers	Old Bag Auction Meals only for Auction participants
6	7	8	9	10
Chicken, Gravy & Waffles Broccoli Pepper Slaw Warm Chunky Apples Vanilla Ice Cream	Beef Taco Fiesta Corn Cilantro Black Beans Orange Sherbet Soft Flour Tortilla	BBQ Pulled Pork Sandwich Roll Parmesan Potatoes Cole Slaw Sugar Cookie	Tuna Salad Sandwich Creamy Tomato Soup Cucumber & Onion Salad Fresh Apple White Bread (2)	Holiday Centers are closed
13	14	15	16	17
Chicken Parmesan w/ Sauce & Cheese Penne Pasta w/Sauce Tossed Salad w/Tomato, Carrots & Red Cabbage Tropical Fruit Italian Bread	Holiday Meal Turkey w/gravy Homemade Stuffing Mashed Potatoes Buttered Broccoli Pumpkin Pie w/Topping	Cooking with LaCreta	Grilled Salmon Fillet Wild Rice Green Beans Sunset Pears Tartar Sauce, Breadstick	Mushroom Swiss Burger Creamy Cauliflower Soup Fresh Seasonal Fruit Sandwich Roll/ K & M
20	21	22	23	24
Covered-Dish Holiday Luncheon	Tater Fish Creamy Potato Soup w/crackers Cole Slaw Sliced Peaches WW Sandwich Roll Tartar Sauce	Baked Vegetable Lasagna w/Parmesan Cream Sauce Tossed Salad w/Egg Seasonal Whole Fruit Italian Bread	Happy Thanksgiving!	Happy Thanksgiving!
27	28	29	30	
Cost Savings Day No Center Meals	Ham and Cheese on Rye (2) Lettuce/Tomato Cole Slaw Cheesy Broccoli Soup Fresh Fruit Cup	BBQ Chicken Breast Baked Potato w/sour cream Peas & Carrots Fresh Orange Blueberry Muffin	Egg Omelet w/American Cheese Baked Sausage Breakfast Style Potatoes Fresh Fruit Biscuit	

All meals include a serving of 2% milk All meals include a serving of 2% milk **To reserve your meal, call 231-3076 by 10am the day before you plan to visit**

***Adults age 55-59, the lunch cost is \$4.25 (must be paid in advance)**

***Adults age 60 & over, a donation of \$1.50 per meal is requested to help offset some of the cost.**