


OGDEN SENIOR CENTER NUTRITIONAL MENU November-18

<u>MONDAY</u>	<u>WEDNESDAY</u>	<u>FRIDAY</u>
	All meals served with milk, bread, and butter. Soup served with crackers.	
5	7	9
Country Captain Chicken over Brown Rice Corn Chowder Lima Beans Wheat Dinner Roll Pears	Stuffed Cabbage w/Sauce Steamed Potatoes Corn Italian Bread Pineapple	Broccoli Cheese Quiche Lentil Black Bean Chili Carrots Dinner Roll Mandarin Oranges
12	14	16
Mild Chili Tossed Lettuce Salad w/Italian Dressing Wax Beans Oyster Crackers Pineapple	BBQ Pulled Pork over Baked Potato Corn 12-Grain Bread Petite Banana	Happy Thanksgiving Roast Chicken Breast w/Cranberry Sauce Fresh Mashed Potatoes w/Gravy Dressing Peas & Onions Dinner Roll Pumpkin Pie w/Whipped Topping
19	21	23
Potato Crusted Tilapia w/Tartar Sauce Coleslaw w/out Pineapple Peas 12-Grain Bread Apricots	Veggie "Meatball" Sandwich on Bun Minestrone Wax Beans Fresh Orange	ABVI CLOSED NO MEALS SERVED
26	28	30
Stuffed Pepper w/Sauce Fresh Mashed Potatoes Mashed Winter Squash Marble Rye Bread Applesauce	Chicken ala King over Biscuit Carrots Peas Fruited Gelatin w/Whipped Topping 32 cupcakes	Breaded Haddock Coleslaw w/out Pineapple Mixed Vegetables Wheat Bread Pears

Monroe County Dept of HS/Office for the Aging

No person shall be denied benefits or subjected to discrimination under any program or activity receiving Federal Assistance on grounds of race, color, sex, religion, national origin, disability, or marital status. This program is funded by participants' contributions U.S. Administration of Aging, N.Y. State Office for the Aging, N.Y. State Dept. of Health, and Monroe County Dept. of HS/Office for the Aging.