

OGDEN SENIOR CENTER NUTRITIONAL MENU November-16

MONDAY	WEDNESDAY	FRIDAY	
<p><i>All meals served with milk, bread, and margarine.</i></p> <p><i>Soup served with crackers.</i></p>	<p>Chicken ala King over Warm Biscuit Minestrone Peas Petite Banana</p>	<p>Individual Meat Loaf w/Veg. Gravy Au Gratin Potatoes California Blend Vegetables 12-Grain Bread Fruit Cocktail</p>	<p>2</p> <p>4</p>
<p>7</p> <p>Broccoli Cheese Quiche Beef Barley Vegetable Soup Green Beans Grape Juice Wheat Bread Pineapple</p>	<p>9</p> <p>Meatballs, Pasta, and Sauce Tossed Lettuce Salad/Italian Dressing Tuscany Blend Vegetables Breadstick Fresh Orange</p>	<p>11</p> <p>Salisbury Steak w/Mushroom Sauce Mashed Winter Squash Broccoli Rye Bread Pears</p>	<p>11</p>
<p>14</p> <p>Breaded Haddock w/Tartar Coleslaw w/o Pineapple Peas Wheat Bread Apricots</p>	<p>16</p> <p>Sweet & Sour Pork Brown Rice Spinach Oriental Blend Vegetables 12-Grain Bread Peaches</p>	<p>18</p> <p>THANKSGIVING MEAL</p> <p>Roast Chicken Breast w/Cranberry Sauce Mashed Potatoes w/Gravy Dressing Green Beans Almandine Dinner Roll Pumpkin Pie w/Whipped Topping</p>	<p>18</p>
<p>21</p> <p>Sloppy Joes on Bun Mixed Vegetables Cauliflower Fruit Cocktail</p>	<p>23</p> <p>Macaroni and Cheese Stewed Tomatoes Broccoli 12-Grain Bread Fresh Apple</p>	<p>25</p> <p>ABVI CLOSED</p> <p>NO MEALS SERVED</p>	<p>25</p>
<p>28</p> <p>BBQ Pork Riblet on Bun Mixed Vegetables Brussel Sprouts Pears</p>	<p>30</p> <p>Beer Battered Cod Coleslaw w/o Pineapple Beets Wheat Bread Fruit Cocktail</p> <p style="text-align: center;"><i>(order 30 cupcakes)</i></p>		<p>30</p>

Certified by *Mary Apps, MS, RD, CDN 9/1/16*
Monroe County Dept of HS/Office for the Aging

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