Burnside Center Congregate November Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	**3**	**4**	**5**	**6**
Macaroni & Cheese 19gm Sauteed Spinach 3gm Oatmeal Cake 36gm Whole Grain Roll 35gm	Sweet & Sour Pork 17gm Brown Rice 17gm Simmered Green Cabbage 5gm Pineapple Upside-Down Cake 28gm Chow Mein Noodles 9gm	**NO MEAL SERVICE**	Beef Enchilada Bake 13gm Cilantro Rice 27gm Apple Cobbler 26gm Whole Grain Roll 35gm	**NO MEAL SERVICE**
9	**10**	**11**	**12**	**13**
Hungarian Goulash 17gm Sweet & Sour Cabbage 4gm Warm Cinnamon Apples 20gm Whole Grain Roll 35gm	Herb Roasted Chicken 0gm Brussels Sprouts 7gm Cherry Crisp 19gm Whole Grain Roll 35gm	**NO MEAL SERVICE**	Sesame Chicken 27gm White Rice 17gm Wax Beans & Peppers 5gm Pineapple Upside-Down Cake 28gm Chow Mein Noodles 9gm	Rise & Shine Breakfast Breakfast Sandwich Hashbrown Potatoes Fresh Fruit 9:00 AM 10:30 AM
16	**17** Chef's Choice Lunch	**18**	**19**	**20**
Beef Sloppy Joe 5gm Baked Beans 21gm Chocolate Zucchini Cake 28gm Hamburger Bun 26gm	Chicken Salad on Croissant Ham & Bean Soup Creamy Chicken & Rice Soup Potato Chips Sliced Peaches	 **Details on Back**	Pulled Pork 5gm Potatoes O'Brien 12gm Carrot Cake 23gm Whole Grain Roll 35gm	**NO MEAL SERVICE**
23	**24**	**25**	**26**	**27**
Chicken Pot Pie 14gm Maple Glazed Carrots 15gm Apple Crumb Cake 56gm Whole Grain Roll 35gm	Vegetable Lasagna 56gm Harvard Beets 8gm Mixed Berry Crisp 18gm Whole Grain Roll 35gm	**NO MEAL SERVICE**	**THANKSGIVING** **CENTER CLOSED**	**CENTER CLOSED**
30				
Country Fried Chicken 28gm Mashed Potatoes & Gravy 28gm Sweet Corn 15gm Peach Cobbler 26gm Whole Grain Roll 35gm				

Monday, Tuesday, and Thursday
11:30 a.m. - 12:30 p.m.
$3.00 suggested donation for seniors 60+
$7.00 fee for guests under the age of 60

MILESTONE senior services