

# November Branch Congregate Hot Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 NO MEAL SERVICE	2 CHICKEN PARMESAN 43gm BRUSSEL SPROUTS 7gm WARM CINNAMON APPLES 2gm WHOLE GRAIN ROLL 35gm	3 NO MEAL SERVICE
6 BEEF TIPS AND GRAVY 3gm MASHED POTATOES 17gm GREEN BEANS AND CARROTS 7gm PEACHES AND CREAM 12gm BUTTERMILK BISCUIT 21 gm	7 BLACKENED TILAPIA 0gm SAUTEED SPINACH 3gm RICE PUDDING 18gm CORNBREAD MUFFIN 30gm	8 NO MEAL SERVICE	9 MACARONI AND CHEESE 19gm SAUTEED SPINACH 3gm OATMEAL CAKE 36gm WHOLE GRAIN ROLL 35gm	10 NO MEAL SERVICE
13 SPINACH AND PEPPER QUICHE 20gm VEGETARIAN SAUSAGE PATTY 3gm CINNAMON APPLES 20gm FRUIT MUFFIN 16gm	14 COUNTRY FRIED CHICKEN 28gm MASHED POTATOES AND GRAVY 17gm SWEET CORN 15gm PEACH COBBLER 26gm WHOLE GRAIN ROLL 35gm	15 NO MEAL SERVICE	16 VEGETABLE ALFREDO 18gm WAX BEAN & PEPPERS 5gm CARAMEL CAKE 34gm WHOLE GRAIN ROLL 35gm	17 NO MEAL SERVICE
20 BBQ PULLED PORK 5gm POTATOES O'BRIEN 12gm CARROT CAKE 23 gm HAMBURGER BUN 26gm	21 BBQ CHICKEN THIGH 2gm COLLARD GREENS 4gm BANANA BREAD PUDDING 17gm BUTTERMILK BISCUIT 21 gm	22 NO MEAL SERVICE	23 CLOSED HAPPY THANKSGIVING	24 CLOSED HAPPY THANKSGIVING
27 HERB ROASTED CHICKEN 0gm BRUSSELS SPROUTS 7gm CHERRY CRISP 19gm WHOLE GRAIN ROLL 35gm	28 BEEF ENCHILADA BAKE 13gm CILANTRO RICE 27gm APPLE COBBLER 26gm WHOLE GRAIN ROLL 35gm	29 NO MEAL SERVICE	30 SHEPHARDS PIE 10gm CHEDDAR MASHED POTATOES 20gm SWEET RED CABBAGE 3gm VANILLA CHEESECAKE 16gm WHOLE GRAIN ROLL 35gm	



Monday, Tuesday, and Thursday from 11:30am-12:30pm. \$3.00 suggested donation for seniors 60+ and \$7.00 fee for those under the age of 60.

