

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CARENET	CARENET	TURKEY MONTH	NOV.1 *5	NOV.2 *5
AVAILABLE NOW @ Nutrition and Services FOR SENIORS EMERGENCY RESPONSE SYSTEMS CONTACT LOTTIE @ 892-4455 OR 722-7782 Only \$30.00 per Month			Sausage & Potatoes California Blend Vegetables Pear Crisp Milk  ONE WARM COAT DAY	Beef Stroganoff w/Noodles Green Beans Roll Orange Slices Juice  All Souls' Day
NOV.5 *5	NOV.6 *5	NOV.7 *6	NOV.8 *5	NOV.9 *5
Chicken Spaghetti Steamed Baby Carrots Roll Cinnamon Apples Juice  LOVE YOUR RED HAIR DAY	Smothered Pork Chops Black-Eyed Peas Brussels Sprouts Cornbread Sugar Cookie Milk  NAT'L NACHOS DAY	Beef Soft Tacos Refried Beans Spanish Rice Cheese,lettuce, Tomatoes,onions Tortilla Fruit Cup Juice  HUG A BEAR DAY	Steak Fingers w/Cream Gravy Mashed Potatoes Capri Blend Vegetables Vanilla Pudding Milk  Giving Thanks Month	Chicken Pot Pie Cauliflowers w/ Red Peppers Biscuit Jello w/ Pineapple Juice  Nat'l Scrabble Month
NOV.12 *6	NOV.13 *7	NOV.14 *6	NOV.15 *4	NOV.16 *6
Chicken Parmesan w/Pasta Yellow Squash Broccoli Applesauce Juice  Chicken Soup For The Soul Day	Baked Potato w/ BBQ Beef Cheese Baked Beans Cole Slaw Peach Cobbler Juice  World Kindness Day	Pork Roast w/Gravy Mashed Potatoes Okra & Tomatoes Roll Diced Pears Juice  World Diabetes Day 14 November	Chicken Divan Brown Rice Zucchini Roll Chocolate Pudding Milk  PICTURE BOOK MONTH	Chili w/Beans & Cheese Rice California Blend Veggies Cornbread Yogurt Juice  Nat'l Fast Food Day
NOV.19 *5	NOV.20 *9	NOV.21 *4	NOV.22	NOV.23
Beef Patty w/Lima Beans Turnip Greens Cornbread Orange Slices Juice  POP TARTS BIRTHDAY	Turkey w/Gravy Cornbread Stuffing Yams w/Marshmallows Green Bean Almondine Cranberry Crunch Breadsticks Assorted pies or Pumpkin Pie Milk	Chicken Salad Greek Pasta Salad Cucumber & Onion Salad Crackers Diced Peaches Juice  Hello World Hello Day	CLOSED  HAPPY Turkey Day!	CLOSED  SALE! BLACK FRIDAY
NOV.26 *5	NOV.27 *5	NOV.28 *5	NOV.29 *5	NOV.30 *5
Meatloaf w/Gravy Mashed Potatoes Broccoli Cornbread Yogurt Juice  Price is Right B'Day	Cheeseburger Lettuce,tomato,onion Pickle,bun, Mustard, mayo Green Beans Roasted Potatoes Apple Milk	Pork Tips w/Gravy Brown Rice Caulflower w/ Red Peppers Roll Applesauce & Juice 	Chicken Florentine w/Linguine Italian Mixed Vegetables Stewed Tomatoes Roll Lemon- Pudding Milk  World Chocolate Day Nat'l Chocolate Day	Swiss Steak w/Peppers& Onions Mashed Potatoes Zucchini Roll Fruit Cup Juice  NATIONAL MOUSSE DAY

MILK OR JUICE SERVED WITH EACH MEAL.
SUBSTITUTIONS MAY BE MADE DUE TO DELIVERY OF PRODUCTS.

*** INDICATES
CARB EXCHANGES**