

Monday	Tuesday	Wednesday	Thursday	Friday
				
		Lemon Pepper Chicken 1 Mashed Sweet Potatoes Carrot Cascade Spinach Salad Pound Cake w/Toppings	Swedish Meatballs 2 Rice Pilaf Peas Caesar Salad Ambrosia	Turkey Sandwich 3 Baked Chips Beets Garden Salad Apple Dump Cake
Chicken Tenders 6 Macaroni & Cheese Garden Vegetables Spring Mix Salad Spice Cake	Salisbury Steak 7 Mashed Potatoes Peas & Carrots Coleslaw Strawberry Parfait	Tomato Basil Soup 8 Grilled Cheese Sandwich Baked Potato Chips Green Salad National Brownie Day	Soft Taco 9 Spanish Rice Pinto Beans Caesar Salad Fresh Baked Cookies	Baked Fish 10 Scalloped Potatoes Scandinavian Vegetables Green Salad Pound Cake/Toppings
Chicken Fried Steak 13 Mashed Potatoes Green Beans Spring Mix Salad Gingerbread	Sweet & Sour Chicken 14 Vegetable Fried Rice Egg Roll Spinach Salad Ambrosia	Quiche Florentine 15 Roasted Sweet Potatoes Fresh Fruit Cole Slaw National Cupcake Day	Garlic Herb Chicken 16 Baked Potato Carrot Spinach Salad Peach Cobbler	Cheeseburger 17 French Fries Mixed Vegetables Garden Salad Pistachio Fluff
BBQ Chicken 20 Baked Potato Peas & Carrots Coleslaw Apple Strudel	Lasagna 21 Italian Flat Cut Beans Garlic Bread Caesar Salad Banana Pudding	Chicken Quesadillas 22 Mexican Rice Pinto Beans Garden Salad/Avocado Ambrosia	Meatloaf 23 Mashed Potatoes Scandinavian Vegetable Spinach Salad Apple Pie	24 CLOSED HOLIDAY
27 CLOSED HOLIDAY	28 CLOSED HOLIDAY	29 CLOSED HOLIDAY	30 CLOSED HOLIDAY	31 CLOSED HOLIDAY All meals served with Iced Tea or Lemonade and Fresh Baked Bread unless otherwise indicated. For NCS Diets-Fresh Fruit, ½ portion regular dessert or sugar free cookie/pudding is offered. For no added salt diets- Table salt is not available

Menus approved by: Julie Pan MS,RD

Date: 11/22/2021