



# November 2024 Menus

Milk and beverages served daily.

Meals Prepared by: Blair Senior Services, Inc.  
Registered Dietician: Teri Henry, RDN, LDN

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Stuffed Pepper with Tomato Sauce Mashed Potatoes Mixed Vegetables Pears in Cherry Gelatin Chocolate Pudding
4 BBQ Chicken Potato Salad Applesauce Ice Cream Whole Wheat Roll	5 Meatball Hoagie on Roll Key West Vegetables Golden Fruit Parfait	6 Baked Fish Macaroni & Cheese Stewed Tomatoes Mandarin Oranges Chocolate Chip Cookie	7 Salisbury Steak Mashed Potatoes with Gravy Steamed Broccoli Florets Diced Peaches Vanilla Pudding Whole Wheat Dinner Roll	8 Cheese Pizza Tossed Salad with Red Wine Vinaigrette Strawberry Mousse
11 Sloppy Joe on Whole Wheat Roll French Cut Green Beans Orange Ice Cream Sundae	12 Ham Balls AuGratin Potatoes Key West Vegetables Fruit Cocktail Chocolate Cake with Whipped Topping	13 Grilled Cheese Sandwich Tomato Soup with Crackers Mandarin Orange/Vanilla Greek Yogurt Parfait	14 Scalloped Chicken Mashed Potatoes with Gravy Monte Carlo Vegetables Applesauce	15 Vegetable Quiche Tater Tots Mixed Vegetables Pears in Orange Gelatin
18 Meatloaf with Gravy Mashed Potatoes Roasted Brussels Sprouts Fruit Cocktail Whole Wheat Roll	19 Chicken Verona Shell Pasta with Marinara Sauce Tossed Salad with Red Wine Vinaigrette Strawberry Mousse	20 Cheese Omelet Sausage Patty Hash Brown Patty French Toast Sticks with Syrup Orange	21 Turkey & Provolone Cheese Sandwich on a Whole Wheat Roll Chicken Rice Soup Applesauce	22 Cheese Ravioli with Marinara Sauce Roasted Parmesan Cauliflower Diced Peaches/Vanilla Greek Yogurt Parfait
25 Chef's Salad with Ranch Dressing Diced Peaches Whole Wheat Dinner Roll	26 Turkey with Gravy Mashed Potatoes Stuffing French Cut Green Beans Cranberry Juice Pumpkin Pie with Whipped Topping	27 Roast Beef with Gravy Loaded Baked Potato Honey Glazed Carrots Pears in Strawberry Gelatin	28 <b>AGENCY CLOSED</b>  <b>THANKSGIVING DAY</b>	29 <b>AGENCY CLOSED</b>  <b>THANKSGIVING HOLIDAY</b>