

**LifeBridge Community Services Senior Café
NOVEMBER 2023**

	<u>Monday</u>		<u>Tuesday</u>		<u>Wednesday</u>		<u>Thursday</u>		<u>Friday</u>	
					1		2		3	
					6 oz Navy Bean Soup 1 ea Pork Rib Patty ½ c Green Peas w/ Peppers 1 ea WG Hamburger Bun ½ c Diced Peaches 8oz Low Fat Milk 1 pkt Saltine Crackers		1 ea Salisbury Beef w/ Vegetable Gravy ½ c Brown Rice Pilaf ½ c Broccoli Florets 1 slc Rye Bread ½ c Pineapple Tidbits 8oz Low Fat Milk 1 pkt Margarine		2 ea Stuffed Shells w/ Sauce ½ c Green Beans ½ c Whole Kernel Corn 1 ea Italian Bread 1 ea Chocolate Chip Cookie 1 ea Assorted Fruit Juice 8oz Low Fat Milk 1pkt Margarine	
	6		7		8		9		10	
	1 ea Meatloaf w/ Gravy ½ c Whipped Potatoes ½ c Green Peas 1 ea Wheat Dinner Roll 1 ea Seasonal Fruit 8oz Low Fat Milk 1 pkt Margarine		1 ea Cranberry Dijon Chicken ½ c Brown Rice ½ c Mixed Vegetables 1 slc Whole Wheat Bread 1 ea Chocolate Chip Cookie 4oz Assorted Fruit Juice 8oz Low Fat Milk 1pkt Margarine		8 ea Cheese Ravioli w/ Marinara Sauce ½ c Sliced Carrots ½ c Green Beans w/ Peppers 1 slc Italian Bread ½ c Cinnamon Applesauce 8 oz Low Fat Milk 1 pkt Margarine		6oz Cream of Broccoli Soup 3oz Pork Roast w/ Gravy ½ c Mashed Spiced Yams 1 slc Rye Bread ½ c Diced Peaches 8oz Low Fat Milk 1 pkt Margarine 1 pkt Saltine Crackers		1 c Three Bean Vegetable Chili ½ c Brown Rice Pilaf ½ c Zucchini 1 ea Cornbread Muffin 1 ea Seasonal Fruit 8oz Low Fat Milk 1pkt Margarine	
	13		14		15		16		17	
	3oz Sweet & Sour Pork ½ c Vegetable Lo Mein ½ c Carrots & Lima Beans 1 slc White Bread 1 ea Seasonal Fruit 8oz Low Fat Milk 1pkt Margarine		1 ea Salisbury Beef w/ Gravy ½ c Confetti Brown Rice ½ c Mixed Vegetables 1 slc Rye Bread ½ c Mandarin Oranges 8oz Low Fat Milk 1pkt Margarine		1 ea Potato Crusted Pollock ½ c Cheesy Whipped Potatoes ½ c Broccoli Florets 1 slc Whole Wheat Bread 1 slc Pound Cake 1 ea Assorted Fruit Juice 8oz Low Fat Milk 1pkt Margarine 1pkt Tartar Sauce		6oz Vegetable Soup 1 c Cheese Baked Ziti ½ c Cauliflower 1 slc Italian bread 1 ea Seasonal Fruit 8oz Low Fat Milk 1pkt Margarine 1pkt Saltine Crackers		1 ea Cilantro Lime Chicken Breast ½ c Brown Rice ½ c Fiesta Vegetable Blend 1 ea Flour Tortilla 1 ea Oatmeal Cookie 1 ea Assorted Fruit Juice 8oz Low Fat Milk	
	20		21		22		23		24	
	6 ea Beef/ Chicken Meatballs w/ Marinara Sauce ½ c Bow Tie Pasta ½ c Zucchini 1 ea Wheat Dinner Roll 1 ea Seasonal Fruit 8oz Low Fat Milk 1pkt Margarine		3oz Apricot Mustard Pork Loin ½ c Brown Rice ½ c Harvard Beets 1 ea Wheat Dinner Roll ½ c Diced Peaches 8oz Low Fat Milk 1pkt Margarine		Thanksgiving 3oz Roast Turkey w/ Gravy ½ c Stuffing ½ c Green Beans 1 Wheat Dinner Roll 1 slc Pumpkin Pie 4oz Assorted Fruit Juice 8oz Low Fat Milk 1pkt Margarine		CLOSED THANKSGIVING		CLOSED DAY AFTER THANKSGIVING	
	27		28		29		30			

<p>3oz General Tso's Chicken ½ c Brown Rice Pilaf ½ c Green Peas 1 slc Whole Wheat Bread ½ c Mandarin Oranges 8oz Low Fat Milk 1pkt Margarine</p>	<p>1 slc Cheese Quiche ½ c Red Bliss Potatoes ½ c Spinach 1 slc White Bread ½ c Tropical Fruit 8oz Low Fat Milk 1pkt Margarine</p>	<p>1 ea Hamburger Patty 1 slc American Cheese ½ c Crinkle Cut Fries ½ c Green Beans 1 ea WG Kaiser Roll 1 ea Seasonal Fruit 8oz Low Fat Milk 1pkt Ketchup</p>	<p>6oz Tomato Soup 3oz Pork Roast w/ Mushroom Gravy ½ c Whipped Potatoes 1 slc Rye Bread ½ c Applesauce 8oz Low Fat Milk 1pkt Margarine 1pkt Saltine Crackers</p>	<p style="text-align: center;"><u>MENU</u> <u>SUBJECT TO</u> <u>CHANGE</u> <u>BASED ON</u> <u>AVAILABILITY</u></p>
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