

NOVEMBER 2016

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|--|
| | 1 Beef Stew Penne Pasta California Blend Vegetables Three Bean Salad Dinner Roll Brownie Corn Chowder Soup | 2 Breaded Tilapia w/ Tartar Rice Pilaf Broccoli Florets Tossed Salad w/Dressing Rye Slice Chocolate Ice Cream Cup Manhattan Clam Chowder Soup | 3 Chicken Parmesan w/Grated Cheese Packets Penne Pasta Marinara Spinach Tomato & Onion Salad Italian Bread Raspberry Sherbet Navy Bean Soup | 4 Meatloaf w/Gravy Mashed Potatoes Mixed Peas Carrots and Corn Carrot Raisin Salad Dinner Roll Lemon Pound Cake Creamy Tomato Soup |
| 7 Stuffed Cabbage Mashed Potatoes Baby Carrots Tomato Vinaigrette Italian Garlic Bread Patriotic Cupcake Minestrone Soup | 8 ELECTION DAY ALL SITES CLOSED | 9 Baked Chicken Leg w/Gravy Wild Rice Cooked Beets Fruited Jell-O Salad Dinner Roll Soft Chocolate Chip Cookie Split Pea w/Ham | 10 Pot Roast w/Gravy Garlic Mashed Potatoes Broccoli, Cauliflower, Carrots Romaine w/ Mandarin Oranges w/ Dressing Buttermilk Biscuit Iced Carrot Cake Beef Vegetable & Noodle Soup | 11 VETERANS DAY ALL SITES CLOSED |
| 14 Roast Loin of Pork w/Gravy Mashed Sweet Potatoes Green Beans Carrot Raisin Salad Corn Bread Vanilla Ice Cream Cup Three Bean Soup | 15 Kielbasa w/Sauerkraut Mustard Roasted Red Potatoes Spinach Applesauce Hoagie Roll Ice Cream Sandwich Turkey Vegetable Soup | 16 Chicken Marsala Wild Rice Brussels Sprouts Three Bean Salad Dinner Roll Fruited Yogurt New England Clam Chowder Soup | 17 Breaded Chicken Filet w/ Lettuce, Tomato & Mayo Red Roasted Potatoes Green Beans Hamburger Bun Jell-O Cup Garden Vegetable Soup | 18 Cheese Lasagna Meatballs Broccoli, Cauliflower & Carrots Romaine Salad w/Oranges Italian Bread Chocolate Éclair Bar Chicken, Mushroom & Barley Soup |
| 21 Chicken Stir Fry Rice Tropical Fruit Salad Chinese Noodles Chocolate Coconut Cake Egg Drop Soup | 22 Roast Turkey Breast w/Gravy Cornbread Stuffing Mashed Potatoes Cranberry Sauce Tossed Salad Dinner Roll Pie Squash Bisque Soup | 23 (2X) Hot Dogs w/Sauerkraut Mustard, Ketchup, Relish Home Fries Baked Beans Sugar Free Fruited Jell-o (2X) Hot Dog Buns Soft Oatmeal Raisin Cookie Chicken Vegetable Soup | 24 HAPPY THANKSGIVING ALL SITES CLOSED | 25 ALL SITES CLOSED |
| 28 Crab Cake w/Tartar Sauce Mashed Potatoes California Blend Vegetables Potato Chips Pumpnickel Bread Mixed Fruit Cup Lentil Soup (No Ham) Vegetarian | 29 Pepper Steak Brown Rice Vegetable Medley Romaine Salad w/Mandarin Oranges Dinner Roll Pound Cake Creamy Carrot w/ Ginger Soup | 30 Baked Honey Glazed Ham Rice Pilaf Mixed Peas, Carrots, Corn Caesar Salad Buttermilk Biscuit Chocolate Ice Cream Cup Chicken Noodle Soup | MIDDAY FRIENDSHIP MENU | |

TAMMI BROWN-DIRECTOR

PLEASE CALL 973-285-6856 FOR THE NUTRITION CENTER NEAR YOU!

MENU IS SUBJECT TO CHANGE