

November 2018 Menu

Douglas County Senior Center

* Milk Served Daily

* Sliced WW Bread available upon request

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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| | | | 1 Crispy Orange Chicken Wrap in WW Tortilla, Asian Coleslaw w/ Ramen Noodles, Jasmine Rice Sugar Snap Peas w/ Carrots Diced Pears Tapioca Pudding & Fortune Cookie | 2 Pepper Steak Mashed Sweet Potato Green Beans & Mushroom Garbanzo Salad Oatmeal Muffin |
| 5 Honey Garlic Salmon Acaridan w/ Dried Cherries and Gorgonzola Salad Butternut Squash, Brussel Sprouts w/ Cranberries & Pecans Salted Caramel Ice cream | 6 Swiss Steak Baked Potato Sour Cream & Chives Herbed Vegetable Medley WW Roll, Applesauce | 7 Sloppy Joe on WW Bun Baked Beans Baby Carrots Fruit Cocktail | 8 <u>VETERAN'S DAY CELEBRATION</u> Fried Chicken ,Potato Salad Coleslaw, Buttermilk Biscuit Spiced Apples, Red White & Blue Cupcake | 9 Vegetable Egg Roll Pork Chow Mein Oriental Vegetables Cottage Cheese & Mandarin Oranges, Rice Pudding |
| 12 CENTER CLOSED FOR HOLIDAY | 13 Spaghetti in Meat Sauce Zucchini, Colorful Salad FF Creamy Italian Drsg, 7 Grain Bread Orange Mango Cup | 14 <i>Birthday Day</i> Roast Beef W/Gravy Red Potato ,Fruit Salad, Dinner Roll French Style Green Beans Cake& Ice Cream | 15 Pork Carita Verde Casserole, Mixed Green Salad, Salsa & Sour Cream Spanish Rice, Refried Beans Diced Peaches Baked Apple Dessert | 16 Baked Cod Cajun Style Cream Style Corn Parsley Buttered New Potatoes, Chopped Fresh Spinach w/Honey Drsg, 7 Grain Bread, Tropical Fruit Cup |
| 19 Beef Stroganoff Noodles, Baked Acorn Squash Orange Spinach Salad Plums | 20 Tomato Soup Lemon Baked Fish Steamed Peas & Carrots Honey Wheat Berry Bread W/ Jam Crisp Ginger Cookies, Spiced Applesauce | 21 <u>THANKSGIVING FEAST</u> Turkey & Stuffing Mashed Potato & Gravy Ambrosia Fruit Salad Sweet Potatoes, Squash Casserole, Green Bean Casserole, WW Roll Cranberry Sauce, Pumpkin Pie | 22 CENTER CLOSED FOR HOLIDAY | 23 CENTER CLOSED FOR HOLIDAY |
| 26 Chicken Cordon Bleu Casserole, Broccoli 3 Bean Salad Croissant Roll, Apricots & Cookies | 27 Beef Stew (Potato, Celery, Onion, Carrots,) Corn Bread, Caesar Salad Mixed Fruit Cup Cheesecake | 28 Hawaiian Pulled Pork Sandwich Potato Wedges Waldorf Salad California Blend Tropical V-8 Juice Strawberry Rhubarb Pie | 29 Lemon Baked Fish 11 Cracked Wheat Bread Green Peas Brown Long Grain Rice Tossed Salad ,Creamy Italian Drsg., Grapes | 30 Chicken and Pasta Herbed Vegetable Medley Chopped Fresh Spinach Honey Dsg, WW Roll Spiced Applesauce |

