Eastern Nebraska Office on Aging Congregate Meals November 2021

Potato Medley Mixed Vegetables' W/O Dinner Roll/Marig Fresh Orange 11% or Skim Milk Monday 11/8/2021 All Bed Child Dog WC Deses OWG Petter Roll/Marig Tropical Fruit Mix 1% or Skim Milk Monday 11/8/2021 All Bed Child Dog WC Deses Ow Green Roll/Marig Tropical Fruit Mix Sessored Potato Wedges' Corn Mandarn Oranges 11/8/07/21 All Mandarn Oranges 11/8/07/21 Hamburger Parly with Monday 11/15/2021 Hamburger Parly with Garie Machroom Gravy Scalloped Potatoes Brussels Sprouts' Surges Sprouts' Surges Sprouts' Surges Mixed Monday 11/12/2021 Hamburger Parly with Own-Peta Streen Milk Monday 11/12/2021 Hamburger Parly with Died Potatoes Brussels Sprouts' Surges Sprouts' Surges Sprouts' Surges Sprouts' Surges Mixed Monday 11/12/2021 Taco Joe' Sandwich with Streeded Lettuce 8 Shriedded Cheese Green Peas' Streed Monday 11/12/2021 Truesday 11/12/12/1			MOVEITIBEL ZUZ I		
Potato Medley Mixed Vegetables* Wis Dinner RollMarg Fresh Orange 1% or Skim Milk Monday 11/8/2021 All Beef Child Dog Wineses on Wig Hot Dog Bun Seasond Potato Wedges 1% or Skim Milk Monday 11/8/2021 All Beef Child Dog Wineses on Wig Hot Dog Bun Seasond Potato Wedges 1% or Skim Milk Monday 11/8/2021 All Beef Child Dog Wineses on Wig Hot Dog Bun Seasond Potato Wedges 1% or Skim Milk Monday 11/8/2021 Monday 11/8/2021 Monday 11/8/2021 Monday 11/8/2021 Monday 11/8/2021 Hamburger Path with Griese Potas Brusses Sprouts* Sursees Sprouts* Sursees Sprouts* 1% or Skim Milk Monday 11/8/2021 Hamburger Path with Griese Potas Brusses Sprouts* Sursees Sprouts* 1% or Skim Milk Monday 11/8/2021 Tuesday 11/13/2021 Tuesday 11/13/2021 Taco Jos' Sandwich with Streeded Lettuce 8 Shriedded Cheese on Wig Hamburger Ban Sursees Sprouts* 1% or Skim Milk Monday 11/22/2021 Taco Jos' Sandwich with Streeded Lettuce 8 Shriedded Cheese on Wig Hamburger Ban Sweeth Sand Monday 11/22/2021 Tuesday 11/23/2021 Tuesday 11/24/2021 Tuesday 11/24/2021	•	l -	_		•
Mixed Vegetables' WG Dinner RollMarg Fresh Orange 1% or Skim Milk Monday 11/8/2021 All Beat Child Dog WG heese on WG Hot Dog Bun Seasoned Potator Sum Allik Monday 11/8/2021 Tuesday 11/16/2021 Tuesday 11/26/2021	BBQ Meatballs	Baked Cod Loin in	Beef Ravioli	Meatloaf & Gravy	Sweet & Sour Chicken Breas
Mixed Vegetables' WG Dinner RollMarg Fresh Orange 1% or Skim Milk Monday 11/8/2021 All Beat Child Dog WG heese on WG Hot Dog Bun Seasoned Potator Sum Allik Monday 11/8/2021 Tuesday 11/16/2021 Tuesday 11/26/2021	Potato Medley	Sweet Basil Sauce	in Marinara Sauce	Roasted Whole Baby Reds	Oriental Blend Vegetables*
WC Dinner RollMarg Fresh Orange 1% or Skim Milk Monday 11/8/2021 All Beel Chili Dog W Cheese on WG Hot Dog Bun Sassoned Potato Wedges* Corn' Mandarin Oranges 1% or Skim Milk Monday 11/8/2021 Tuesday 11/8/2021 All See Chili Dog W Cheese on WG Hot Dog Bun Sassoned Potato Wedges* Corn' Mandarin Oranges 1% or Skim Milk Monday 11/8/2021 Tuesday 11/16/2021 Tuesday Tuesday Seafood Chowder Garlie Butter Score Green Peas* Ry BraadMarg Sugar Cookie or Ober Pudding or Diet Pudding Sugar Cookie or Ober Pudding 1% or Skim Milk Monday 11/22/2021 Tuesday 11/23/2021 Tuesday Nog Rean Reant's Windenseday Tuesday 11/23/2021 Tuesd	Mixed Vegetables*	Baked Sweet Potato	Romaine Blend Salad/Dress	-	Carrot Coins
Fresh Orange 1% or Skim Milk Monday 11/8/0721 All Beef Child Dog WC heses on WG Hot Dog Bun Seasoned Potato Wedges' Corn' Mandam Oranges 1% or Skim Milk Monday 11/8/2021 All Beef Child Dog WC heses on WG Hot Dog Bun Seasoned Potato Wedges' Corn' Mandam Oranges 1% or Skim Milk Monday 11/8/2021 1/16/202		Zucchini & Tomatoes*	Italian Blend Vegetables*	Cornbread Muffin/Marg	Fortune Cookie
Monday Tuesday 11/18/2021 Monday Tuesday Monday		WG Petite Roll/Marg	<u> </u>	Honey PC	Cinnamon Raisin Bread/Mar
Monday 11/8/2021 All Beef Chil Dog Wi Cheese on WG Hot Dog Bun Seasoned Potato Wedges Corn' Mandarin Oranges 11/6 or Skim Milk Monday 11/18/2021 Monday 11/18/2021 Monday 11/18/2021 Monday 11/18/2021 Monday 11/18/2021 Monday 11/18/2021 Marborin Oranges 11/6 or Skim Milk Monday 11/18/2021 Monday Monday 11/18/2021 Monday Monda	•			•	
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Corn* Mandarin Oranges 11% or Skim Milk Monday 11/16/2021 Hamburger Patty with Garic Mushroom Gravy Scalloped Potatoes Green Peas * Rye Bread/Marg Diet Cookie or Diet Cookies 11% or Skim Milk Monday 11/22/2021 Taco Joe* Sandwich with Shredded Lettuce & Stim Milk Monday 11/22/2021 Taco Joe* Sandwich with Shredded Cheese on WG Hamburger Bun Augratin Potatoes Broccoli* Rye Green Beas* Steved Tomatoes on Use Hamburger Patty with Garic Mushroom Gravy Scalloped Potatoes Green Peas * Rye Bread/Marg Butterscotch Pudding or Diet Pudding 11% or Skim Milk Monday 11/22/2021 Taco Joe* Sandwich with Shredded Cheese on WG Hamburger Bun Augratin Potatoes Strewed Tomatoes Sour Dough RolliMarg Augratin Potatoes Or Skim Milk Monday 11/29/2021 110 Grain Fish Filet* Com O'Brien Broccoli* Wheathers RolliMarg Sliced Peaches Tarta Sauce PC 11% or Skim Milk Monday 11/29/2021 110 Grain Fish Filet* Com O'Brien Broccoli* Wheathers RolliMarg Sliced Peaches Tarta Sauce PC 11% or Skim Milk Monday 11/29/2021 110 Grain Fish Filet* Com O'Brien Broccoli* Wheathers RolliMarg Sliced Peaches Tarta Sauce PC 11% or Skim Milk Monday 11/29/2021 110 Grain Fish Filet* Com O'Brien Broccoli* With Scenic Peas* with Chicken Breast* with Chicken Gravy Mashed Potatoes Green Peas* WG Breatstick/Marg Banan Muffin Square 11% or Skim Milk * Items to be heated or microwaved at the centers the centers the centers the centers the centers the centers			• •	25 X 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	•
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1% or Skim Milk Monday 11/15/2021 11/16/202		WG Dinner Roll/Marg		. New 11 *// > 1	
Monday 11/15/2021 Hamburger Patty with Garlic Mushroom Gravy Scalloped Potatoes Brussels Sprouts* 100% Whole Wheat Bread/Marg Sugar Cookie or Diet Pudding 11/8 or Skim Milk Monday 11/22/2021 Taco Joe' Sandwich with Shredded Lettuce & Shredded Cheese on WG Hamburger Bun Augratin Potatoes Browsels 1% or Skim Milk Monday 11/22/2021 Taco Joe' Sandwich with Shredded Lettuce & Shredded Cheese on WG Hamburger Bun Augratin Potatoes Broccoli* Pear Slices 1% or Skim Milk Monday 11/29/2021 To Or Skim Milk Mon	Mandarin Oranges	Fruit Cocktail	Italian Dinner Roll/Marg	E HOIL SERVE	Diced Peaches
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Monday			or Plain Cake Square	Senior Centers Closed	
Hamburger Patty with Garlic Mushroom Gravy Scalloped Potatoes Brussels Sprouts' Scalloped Potatoes Brussels Sprouts' Sugar Cookie or Diet Cookies 1% or Skim Milk Monday 11/22/2021 Taco Joe' Sandwich with Shredded Lettuce & Strewed Tomatoes on WG Hamburger Bun Augratin Potatoes Stroces' Para Silces on WG Hamburger Bun Augratin Potatoes Stor Dough Roll/Marg Pear Silces 1% or Skim Milk Monday 11/29/2021 To Grain Fish Filet' Corn O Brien Broccoli' Wheatberry Roll/Marg Silced Peaches Tartar Sauce PC 1% or Skim Milk Monday 11/29/2021 To Grain Fish Filet' Corn O Brien Broccoli' Wheatberry Roll/Marg Silced Peaches Tartar Sauce PC 1% or Skim Milk Monday 11/29/2021 To Grain Fish Filet' Corn O Brien Broccoli' Wheatberry Roll/Marg Silced Peaches Tartar Sauce PC 1% or Skim Milk Monday Silced Peaches Tartar Sauce PC 1% or Skim Milk Monday Silced Peaches Tartar Sauce PC 1% or Skim Milk Monday Silced Peaches Tartar Sauce PC 1% or Skim Milk Monday Silced Peaches Tartar Sauce PC 1% or Skim Milk Monday Silced Peaches Bear Carlox Corn Deach Wednesday Series With Chicken Gravy Mashed Potatoes Green Peas* WG Breadstick/Marg Banan Muffin Square 1% or Skim Milk Monday Silced Peaches Tartar Sauce PC 1% or Skim Milk Monday Silced Peaches Tartar Sauce PC 1% or Skim Milk Monday Silced Peaches Tartar Sauce PC 1% or Skim Milk Monday Silced Peaches Bear Carlox Milk Monday Silced Peaches Green Peas* WG Breadstick/Marg Banan Muffin Square 1% or Skim Milk Monday Silced Peaches Tartar Sauce PC 1% or Skim Milk Monday Silced Peaches Tartar Sauce PC 1% or Skim Milk Monday Silced Peaches Tartar Sauce PC 1% or Skim Milk Monday Silced Peaches Tartar Sauce PC 1% or Skim Milk Monday Silced Peaches Tartar Sauce PC 1% or Skim Milk Monday Silced Peaches Tartar Sauce PC 1% or Skim Milk Monday Silced Peaches Tartar Sauce PC 1% or Skim Milk Monday Silced Peaches Tartar Sauce PC 1% or Skim Milk Monday Silced Peaches Tartar Sauce PC 1% or Skim Milk Monday Silced Peaches Tartar Sauce PC 1% or Skim Milk Monday Silced Peaches Tartar Sauc			1% or Skim Milk		
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Brussels Sprouts* Rye Bread/Marg Sugar Cookie or Diet Cookies 1% or Skim Milk Monday 11/22/2021 Taco Joe* Sandwich with Shredded Lettuce & Shredded Cheese on WG Hamburger Bun Augratin Potatoes Broccoli* Pear Slices 1% or Skim Milk Monday 11/29/2021 To Grain Fish Filet* Corn O'Brien Broccoli* Wheatberry Roll/Marg Strawberry Rogurt Corn O'Brien Broccoli* Wheatberry Roll/Marg Sliced Peaches Tartar Sauce PC 1% or Skim Milk Rye Bread/Marg Butterscotch Pudding or Diet Pudding 1% or Skim Milk Wednesday 11/24/2021 11/24/2021 11/24/2021 11/25/2021 Turkey Breast with Gravy Cornbread Dressing Whipped Potatoes Green Beans* Heavy Hearth Roll/Marg In or Skim Milk 1% or Skim Milk 1% or Skim Milk 1% or Skim Milk 1% or Skim Milk Turkey Breast with Gravy Cornbread Dressing Whipped Potatoes Green Bean Casserole Cranberry Sauce Garnish WG Petite Roll/Marg Pumpkin Gravy Cornbread Dressing Whipped Potatoes Green Beans* Heavy Hearth Roll/Marg In or Skim Milk 1% or Skim Milk Friday 11/25/2021 Turkey Breast with Gravy Cornbread Dressing Whipped Potatoes Green Beans* Heavy Hearth Roll/Marg In or Skim Milk 1% or Skim Milk 1% or Skim Milk 1% or Skim Milk 1% or Skim Milk Turkey Breast with Gravy Cornbread Dressing Whipped Potatoes Green Beans* Heavy Hearth Roll/Marg In or Skim Milk 1% or Skim Milk 1% or Skim Milk 1% or Skim Milk 1% or Skim Milk Friday 11/25/2021 Turkey Breast with Gravy Cornbread Dressing Whipped Potatoes Green Beans* Heavy Hearth Roll/Marg In or Skim Milk 1% or Skim Milk 1% or Skim Milk 1% or Skim Milk 1% or Skim Milk Friday 11/25/2021 Turkey Breast with Gravy Cornbread Dressing Whipped Potatoes Green Beans Casserole Cranberry Sauce Garnish WG Petite Roll/Marg Pumpkin Popping or Diet Pudding 1% or Skim Milk Senior Centers Closed Fruit Crisp Fruit Crisp Friday 11/26/2021 Turkey Breast with Gravy Cornbread Dressing Whipped Potatoes Green Beans* Heavy Hearth Roll/Marg 1% or Skim Milk 1% or Skim Milk 1% or Skim Milk 1% or Skim Milk 1% or Skim M	Garlic Mushroom Gravy	Whipped Potatoes	Garlic & Butter Diced Reds	Chicken Gravy	Carrot Coins*
Butterscotch Pudding or Diet Pudding or Diet Pudding or Diet Pudding or Diet Pudding 1% or Skim Milk Monday 11/22/2021 Taco Joe' Sandwich with Shredded Lettuce & Shredded Cheese on WG Hamburger Bun Augratin Potatoes Broccoli* Pear Slices 1% or Skim Milk Monday 11/29/2021 Toro Joe' Sandwich with Shredded Lettuce & Shredded Cheese on WG Hamburger Bun Augratin Potatoes Broccoli* Pear Slices 1% or Skim Milk Monday 11/29/2021 Toro Skim Milk Died Pears Stewed Tomatoes Sour Dough Roll/Marg Strawberry Yogurt Cup or Diet Pudding 1% or Skim Milk Monday 11/29/2021 Toro Skim Milk Died Pears Stewed Tomatoes Sour Dough Roll/Marg Strawberry Yogurt Cup or Diet Pudding 1% or Skim Milk Monday 11/29/2021 Toro Skim Milk Died Pears Stewed Tomatoes Sour Dough Roll/Marg Strawberry Yogurt Cup or Diet Pudding 1% or Skim Milk Doen Fried Chicken Gravy Mashed Potatoes Green Bean Casserole Cranberry Sauce Garnish WG Petite Roll/Marg Pumpkin Pie & Whip Topping or Diet Pudding 1% or Skim Milk Senior Centers Closed Senior Centers Closed Senior Centers Closed Fruit Órisp Or Skim Milk 1% or Skim Milk 1% or Skim Milk 1% or Skim Milk 2% or Skim Milk 1% or Skim Milk 2% or Skim Milk 2% or Skim Milk 2% or Skim Milk 3% or Skim Milk 2% or Skim Milk 4% or Skim Milk 4% or Skim Milk 5% or Skim Milk 5% or Skim Milk 6% or Skim Milk 6% or Skim Milk 6% or Skim Milk 7% or Skim Milk 7% or Skim Milk 8% or Skim Milk 8% or Skim Milk 8% or Skim Milk 8% or Skim Milk 9% or Skim Milk 1% or Skim Milk	Scalloped Potatoes	Green Peas *	California Blend Vegetables*	Potato Medley	Cornbread/Marg
Sugar Cookie or Diet Pudding or Diet Pudding or Diet Pudding or Diet Pudding 1% or Skim Milk Monday 11/22/2021 Taco Joe' Sandwich with Shredded Lettuce & Shredded Cheese on WG Hamburger Bun Augratin Potatoes Broccoli* Pear Slices 1% or Skim Milk Monday 11/29/2021 Tor O Skim Milk Monday 11/29/2021 Taco Joe' Sandwich with Shredded Lettuce & Shredded Cheese on WG Hamburger Bun Augratin Potatoes Broccoli* Pear Slices 1% or Skim Milk Monday 11/29/2021 Tor O Skim Milk Died Pear Slices 1% or Skim Milk Tuesday 11/29/2021 10 Grain Fish Filet* Com O'Brien Broccoli* Wheatberry Roll/Marg Sliced Peaches Tartar Sauce PC 1% or Skim Milk Died Pear Slices Tuesday 11/29/2021 Oven Fried Chicken Breast* with Chicken Gravy Mashed Potatoes Green Peas* WG Breadstick/Marg Banana Muffin Square 1% or Skim Milk Died Pear Slices Sour Dough Roll/Marg Strawberry Yogurt Cup or Diet Pudding 1% or Skim Milk Fruit Crisp 1% or Skim Milk 1% or Skim	Brussels Sprouts*	Rye Bread/Marg	WG Dinner Roll/Marg	Green Beans*	Honey PC
Sugar Cookie or Diet Pudding 1% or Skim Milk Monday 11/22/2021 Taco Joe' Sandwich with Shredded Lettuce & Shredded Cheese on WG Hamburger Bun Augratin Potatoes Broccoli* Pear Slices 1% or Skim Milk Monday 11/29/2021 Tor Skim Milk Tuesday 11/23/2021 Taco Joe' Sandwich with Shredded Cheese on WG Hamburger Bun Augratin Potatoes Broccoli* Pear Slices 1% or Skim Milk Monday 11/29/2021 Tor Skim Milk Tuesday 11/24/2021 Turkey Breast with Gravy Combread Dressing Whipped Potatoes Green Bean Casserole Cranberry Sauce Garnish WG Petite Roll/Marg Pumpkin Pie & Whip Topping or Diet Pudding 1% or Skim Milk Monday 11/29/2021 To Grain Fish Filet* Corn O'Brien Broccoli* Wheatberry Roll/Marg Sliced Peaches Tartar Sauce PC 1% or Skim Milk Wheatberry Roll/Marg Sliced Peaches Tartar Sauce PC 1% or Skim Milk Tuesday 11/20/2021 Oven Fried Chicken Breast* with Chicken Gravy Mashed Potatoes Green Peas* WG Breadstick/Marg Banana Muffin Square 1% or Skim Milk Tuesday 11/20/2021 Oven Fried Chicken Breast* with Chicken Gravy Mashed Potatoes Green Peas* WG Breadstick/Marg Banana Muffin Square 1% or Skim Milk Tuesday 11/20/201 Turkey Breast with Gravy Combread Dressing Whipped Potatoes Green Bean Casserole Cranberry Sauce Garnish WG Petite Roll/Marg Pumpkin Pie & Whip Topping or Diet Pudding 1% or Skim Milk Tuesday 11/26/2021 Torn OrBrien Broccoli* WG Petite Roll/Marg Senior Centers Closed Senior Centers Closed Friday 11/26/2021 Turkey Breast with Gravy Mashed Potatoes Green Bean Casserole Cranberry Sauce Garnish WG Petite Roll/Marg Pumpkin Pie & Whipp Topping or Diet Pudding 1% or Skim Milk Tuesday 11/26/2021 Turkey Breast with Gravy Mashed Potatoes Green Bean Casserole Cranberry Sauce Garnish WG Petite Roll/Marg Pumpkin Pie & Whipp Topping or Diet Pudding 1% or Skim Milk Turkey Breast with Gravy Green Bean Casserole Cranbers Whipped Potatoes Green Bean Casserole Cranbers Whi	100% Whole Wheat Bread/Marg	Butterscotch Pudding	Ambrosia Salad	Heavy Hearth Roll/Marg	
Diet Cookies 1% or Skim Milk Monday 11/22/2021 Taco Joe* Sandwich with Shredded Lettuce & Shredded Cheese on WG Hamburger Bun Augratin Potatoes Broccoli* Pear Slices 1% or Skim Milk Monday 11/29/2021 Tuesday 11/29/2021 Tursday 11/24/2021 Turkey Breast with Gravy Cornbread Dressing Whipped Potatoes Green Bean Casserole Cranberry Sauce Garnish WG Petite Roll/Marg Pumpkin Pie & Whip Topping or Diet Pudding 1% or Skim Milk Monday 11/29/2021 Tuesday 11/29/2021 Tursday 11/20/201 Turkey Breast with Gravy Cornbread Dressing Whipped Potatoes Green Bean Casserole Cranberry Sauce Garnish WG Petite Roll/Marg Pumpkin Pie & Whip Topping or Diet Pudding 1% or Skim Milk Senior Centers Closed Senior Centers Closed Senior Centers Closed * Items to be heated or microwaved at the centers	· ·		1% or Skim Milk	Diced Pears	•
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on WG Hamburger Bun Augratin Potatoes Broccoli* Pear Slices 1% or Skim Milk Monday 11/29/2021 10 Grain Fish Filet* Corn O'Brien Broccoli* Wheatherry Roll/Marg Sliced Peaches Tartar Sauce PC 1% or Skim Milk Sour Dough Roll/Marg Strawberry Yogurt Cup or Diet Pudding 1% or Skim Milk WG Petite Roll/Marg Pumpkin Pie & Whip Topping or Diet Pudding 1% or Skim Milk Senior Centers Closed * Senior Centers Closed * Senior Centers Closed * Senior Centers Closed * Items to be heated or microwaved at the centers	with Shredded Lettuce	Baked Potato/Sour Cream	Cornbread Dressing		
Augratin Potatoes Broccoli* Pear Slices 1% or Skim Milk Monday 11/29/2021 10 Grain Fish Filet* Corn O'Brien Broccoli* Wheatberry Roll/Marg Sliced Peaches Tartar Sauce PC 1% or Skim Milk Strawberry Yogurt Cup or Diet Pudding 1% or Skim Milk Oven Fried Chicken Breast* with Chicken Gravy Mashed Potatoes Green Peas* WG Breadstick/Marg Banana Muffin Square 1% or Skim Milk Cranberry Sauce Garnish WG Petite Roll/Marg Pumpkin Pie & Whip Topping or Diet Pudding 1% or Skim Milk Senior Centers Closed Senior Centers Closed Senior Centers Closed Senior Centers Closed ** Items to be heated or microwaved at the centers	& Shredded Cheese	Stewed Tomatoes	Whipped Potatoes		
Augratin Potatoes Broccoli* Pear Slices 1% or Skim Milk Monday 11/29/2021 10 Grain Fish Filet* Corn O'Brien Broccoli* Wheatberry Roll/Marg Sliced Peaches Tartar Sauce PC 1% or Skim Milk Strawberry Yogurt Cup or Diet Pudding 1% or Skim Milk Oven Fried Chicken Breast* with Chicken Gravy Mashed Potatoes Green Peas* WG Breadstick/Marg Banana Muffin Square 1% or Skim Milk Cranberry Sauce Garnish WG Petite Roll/Marg Pumpkin Pie & Whip Topping or Diet Pudding 1% or Skim Milk Senior Centers Closed	on WG Hamburger Bun	Sour Dough Roll/Marg	Green Bean Casserole		
Broccoli* Pear Slices 1% or Skim Milk Monday 11/29/2021 10 Grain Fish Filet* Corn O'Brien Broccoli* Wheatberry Roll/Marg Sliced Peaches Tartar Sauce PC 1% or Skim Milk Wilk Wil	_		Cranberry Sauce Garnish		
Pear Slices 1% or Skim Milk Monday 11/29/2021 10 Grain Fish Filet* Corn O'Brien Broccoli* Wheatberry Roll/Marg Sliced Peaches Tartar Sauce PC 1% or Skim Milk Pumpkin Pie & Whip Topping or Diet Pudding 1% or Skim Milk Pumpkin Pie & Whip Topping or Diet Pudding 1% or Skim Milk Senior Centers Closed * Items to be heated or microwaved at the centers	Broccoli*		WG Petite Roll/Marg		solivino
1% or Skim Milk Monday 11/29/2021 10 Grain Fish Filet* Corn O'Brien Broccoli* Wheatberry Roll/Marg Sliced Peaches Tartar Sauce PC 1% or Skim Milk Oven Fried Chicken Breast* with Chicken Gravy Mashed Potatoes Green Peas* WG Breadstick/Marg Banana Muffin Square 1% or Skim Milk Senior Centers Closed ** Items to be heated or microwaved at the centers	Pear Slices		9		
Monday 11/29/2021 10 Grain Fish Filet* Corn O'Brien Broccoli* Wheatberry Roll/Marg Sliced Peaches Tartar Sauce PC 1% or Skim Milk		.,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,		Senior Centers Closed	Senior Centers Closed
11/29/2021 10 Grain Fish Filet* Corn O'Brien Broccoli* Wheatberry Roll/Marg Sliced Peaches Tartar Sauce PC 1% or Skim Milk 1% or Skim Milk 11/30/2021 Oven Fried Chicken Breast* with Chicken Gravy Mashed Potatoes Green Peas* WG Breadstick/Marg Banana Muffin Square 1% or Skim Milk * Items to be heated or microwaved at the centers	.,		=		
11/29/2021 10 Grain Fish Filet* Corn O'Brien Broccoli* Wheatberry Roll/Marg Sliced Peaches Tartar Sauce PC 1% or Skim Milk 1% or Skim Milk 11/30/2021 Oven Fried Chicken Breast* with Chicken Gravy Mashed Potatoes Green Peas* WG Breadstick/Marg Banana Muffin Square 1% or Skim Milk * Items to be heated or microwaved at the centers	Monday	Tuesday			
Corn O'Brien Broccoli* Wheatberry Roll/Marg Sliced Peaches Tartar Sauce PC 1% or Skim Milk with Chicken Gravy Mashed Potatoes Green Peas* WG Breadstick/Marg Banana Muffin Square 1% or Skim Milk * Items to be heated or microwaved at the centers	11/29/2021	11/30/2021			
Broccoli* Wheatberry Roll/Marg Sliced Peaches Tartar Sauce PC 1% or Skim Milk Mashed Potatoes Green Peas* WG Breadstick/Marg Banana Muffin Square 1% or Skim Milk * Items to be heated or microwaved at the centers	10 Grain Fish Filet*	Oven Fried Chicken Breast*			
Wheatberry Roll/Marg Sliced Peaches Tartar Sauce PC 1% or Skim Milk Green Peas* WG Breadstick/Marg Banana Muffin Square 1% or Skim Milk * Items to be heated or microwaved at the centers	Corn O'Brien	with Chicken Gravy			
Sliced Peaches Tartar Sauce PC 1% or Skim Milk WG Breadstick/Marg Banana Muffin Square 1% or Skim Milk * Items to be heated or microwaved at the centers	Broccoli*	Mashed Potatoes		77	
Sliced Peaches Tartar Sauce PC 1% or Skim Milk WG Breadstick/Marg Banana Muffin Square 1% or Skim Milk * Items to be heated or microwaved at the centers	Wheatberry Roll/Marg	Green Peas*		7-0	
Tartar Sauce PC 1% or Skim Milk Banana Muffin Square 1% or Skim Milk * Items to be heated or microwaved at the centers					DINOA
1% or Skim Milk 1% or Skim Milk * Items to be heated or microwaved at the centers					
or microwaved at the centers		'			* Items to be heated
the centers		. 75 5. 514111 141111			
	inal August 10, 2021				Menus subject to change