



November 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>BEEF STROGANOFF (9) EGG NOODLES (19) DICED PEAS & CARROTS (9) FRESH BAKED ROLL (13) FRESH APPLE (18)</p>	<p>3</p> <p>BBQ PORK SANDWICH (21) W/ WHEAT BUN (23) GREEN BEANS (6) CORN (21) FRESH PEAR (25)</p>	<p>4</p> <p>TURKEY SOUP (23) TOSSED SALAD (2) CINNAMON APPLESAUCE (15) SLICED WHEAT BREAD (20)</p>	<p>5</p> <p>VEAL PARMESAN (15) SPAGHETTI W/ SAUCE (26) MIXED VEGETABLES (40) GARLIC BREAD (15)</p>	<p>6</p> <p>BAKED PORK CHOPS (1) EUROPEAN VEGETABLES (5) MASHED POTATOES (19) WHEAT BREAD (20) FRESH ORANGE (21)</p>
<p>9</p> <p>ROASTED CHICKEN (0) SWEET POTATOES (30) NORMANDY VEGETABLES (5) CHILLED PEARS (16) WHEAT ROLL (26)</p>	<p>10</p> <p>CHILI W/ BEANS (18) TOSSED SALAD (2) FRUIT SALAD (20) CORNBREAD (19) RAISIN COOKIE (4)</p>	<p>11</p> <p>No Meals Served Center Closed in Honor of Veterans Day</p>	<p>12</p> <p>BEEF STEAK W/ SAUCE (7) SWISS VEGETABLES (11) BAKED POTATO (27) FRESH ORANGE (21) WHEAT ROLL (26)</p>	<p>13</p> <p>CHICKEN LASAGNA (23) NORMANDY VEGETABLES (5) APPLE PIE (51) WHEAT ROLL (26)</p>
<p>16</p> <p>SWISS CHICKEN (3) STEAMED BROCCOLI (5) WHEAT BREAD (20) PEAS & CARROTS (9) RED DELICIOUS APPLE (18)</p>	<p>17</p> <p>STUFFED GREEN PEPPER (35) STEAMED BEETS (8) SLICED WHEAT BREAD (20) PEAR D'ANJOU (25)</p>	<p>18</p> <p>ROASTED TURKEY (11) MASHED POTATOES (19) EUROPEAN VEGETABLES (5) STUFFING (15) PUMPKIN PIE (50) CRANBERRY RELISH (15)</p>	<p>19</p> <p>MEATLOAF W/ GRAVY (19) WINTER BLEND VEGETABLES (6) SLICED WHEAT BREAD (20)</p>	<p>20</p> <p>BAKED MACARONI & CHEESE (20) CAULIFLOWER (8) STEAMED SPINACH (5) FRESH PEAR (25)</p>
<p>23</p> <p>SWEDISH MEATBALLS (2) ITALIAN BLEND (8) PENNE WHEAT (20) SLICED WHEAT BREAD (20) ORANGE (21)</p>	<p>24</p> <p>BEEF STEW W/ VEGETABLES (10) TOSSED SALAD (2) SLICED WHEAT BREAD (39) HOT BUTTERED APPLES (7)</p>	<p>25</p> <p>SLICED HAM (0) WINTER BLEND VEGETABLES (6) REDSKIN POTATOES (22) SLICED WHEAT BREAD (20) COTTAGE CHEESE W/ PEACHES (14)</p>	<p>26</p> <p>Center Closed No Meals Served</p> 	<p>27</p>
<p>30</p> <p>PORK LOIN W/ GRAVY (1) BABY CARROTS (10) GREEN BEANS (6) WHEAT ROLL (26)</p>				
<p>Suggested Donation: \$2.25 Call 989-797-6880 for details Menu subject to change without notice Non-Fat White Milk (13) or Non-Fat Chocolate Milk (27) Served with each meal Grams of Carbohydrates 15 grams = 1 carb exchange</p>				