

NOVEMBER 2023: MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 3oz. BBQ Pork Riblet w/Sautéed Onions ½ c Baked Beans ½ c Green Beans 1.4 oz. Hamburger Roll ½ c Applesauce 8 oz 2% Milk	2 8 oz Tomato Soup/Crackers 3 oz Tuna Salad on Lettuce Leaf ½ c. Macaroni Salad ½ c 3 Bean Salad 1 slice Wheat Bread Mayonnaise ½ c. Chocolate Pudding 8 oz. 2% Milk	3 3 oz. Turkey 2 oz. Gravy ½ c. Sweet Potato ½ c. Harvard Beets 1 oz. Dinner Roll Banana or Fresh Fruit in Season 8 oz 2% Milk
6 3 oz Chicken Caesar Salad (3 oz. chicken, 1 c. romaine lettuce, dressing) ½ c Potato Salad 1 Slice Wheat Bread ½ c. Pineapple Chunks 8 oz 2% Milk	7 Center CLOSED DON'T FORGET TO VOTE	8 3 oz Ham Slice 2 oz. Pineapple Sauce ½ c Mashed Sweet Potatoes ½ c Cabbage 1 Slice Wheat Bread ½ c Fruited Jell-O 8 oz 2% Milk	9 8 oz. Navy Bean Soup/Crackers 3 oz Chicken Cacciatore 2 oz. Tomato Sauce ½ c Penne Pasta ½ c Vegetable Medley 1.1 oz White Dinner Roll 4 oz Orange Sherbet 8 oz 2% Milk	10 CENTER CLOSED in observance of Veterans' Day
13 3 oz. BBQ Chicken (3 oz. EP drumstick) ½ c. Scalloped Potatoes ½ c Cali Mix (broccoli, cauli., carrots) 1.1 oz Roll ½ c. Mandarin Oranges 8 oz 2% Milk	14 8 oz. Pea Soup/Crackers 3 oz. Crab Cake w/ Tartar Sauce ½ c. Macaroni and Cheese ½ c. Stewed Tomato 1 slice Wheat Bread 1 packet Ketchup/Tartar Sauce 1 Banana 8 oz 2% Milk	15 8 oz Spaghetti 3 oz Beef Meatballs/2 oz Tom. Sauce ½ c. Italian Green Beans 1 c Tossed Green Salad/Tomato 2 T Italian Dressing 1.1 oz White Dinner Roll 4 oz. Strawberry Ice Cream 8 oz 2% Milk	16 8 oz. Chicken Noodle Soup/Crackers ½ c. Ham Salad on Lettuce Leaf with Tomato ½ c. Macaroni Salad ½ c. 3 Bean Salad 1.1 oz. Dinner Roll ½ c Butterscotch Pudding 8 oz. 2% Milk	17 ½ c. Oatmeal/Raisins 3 oz Cheese Omelet ½ c Roasted Potatoes, Onion, Peppers 1 Slice Wheat Bread Ketchup ½ c. Pears 8 oz 2% Milk
20 3 oz Swedish Meatballs 2 oz Gravy ½ c Buttered Noodles ½ c Sliced Carrots 1 Slice Wheat Bread ½ c. Lemon or Orange Sherbert 8 oz 2% Milk	21 8 oz. Minestrone Soup/Crackers 1 cup Baked Ziti/2 oz. Tomato Sauce 3 oz. Italian Pork Sausage ½ c. Green Beans 1.3 oz Italian Roll ½ c Peach Halves 8 oz 2% Milk	22 Thanksgiving Celebration 3 oz. Roasted Turkey, 2 oz. Gravy ½ c. Stuffing/½ c. Mashed Potatoes ½ c. Whole Green Beans 1.1 oz. Dinner Roll 2 oz. Cranberry Sauce 1 slice Pumpkin Pie w/ Topping 8 oz. 2% Milk	23 CENTER CLOSED HAPPY THANKSGIVING	24 CENTER CLOSED
27 3 oz. Chicken Marsala 2 oz. Mushroom Marsala Sauce ½ c Rice ½ c Italian Blend (gr. beans, broccoli, zucchini, carrot) 1.1 oz Roll 4 oz. Cake 8 oz 2% Milk	28 ½ c. Oatmeal/Raisins 3 oz Cheese Omelet ½ c Roasted Potatoes, Onion, Peppers 1 slice Bread Ketchup ½ c Fruit Jello 8 oz 2% Milk	29 8 oz Veg. Barley Soup/Crackers 6 oz Beef Burgundy w/2oz sauce ½ c Elbow Macaroni ½ c Corn 1 Slice Wheat Bread Birthday Cake 8 oz 2% Milk	30 8 oz. Cream of Potato Soup/Crackers 3 oz Turkey 2.0 oz. Hoagie Roll ½ c Lettuce and Tomato ½ c. Cole Slaw 1 Mayonnaise packet ½ c Pears/8 oz 2% Milk	

NOVEMBER 2023: SOCIAL SCHEDULE (all schedules subject to change)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Junior's Cheesecake (sign up with Larry!) 12pm Lunch 12:35pm Chrissie Bittner, RDN, LDN	2 Ocean State Job Lot 11:45am Exercise with Lewan 12pm Lunch 12:30pm Gentle Yoga with Jennie	3 Amish Market 12pm Lunch 12:30pm Gentle Yoga with Jennie
6 Ollie's & TJ Maxx 11:45am Exercise with Lewan 12pm Lunch 12:30pm County Quizzo with Mike R.	7 Center CLOSED DON'T FORGET TO VOTE	8 Lidl 11:45am Exercise with Lewan 12pm Lunch 12:30pm Chrissie Bittner, RDN, LDN	9 Lidl 11:45am Exercise with Lewan 12 pm LUNCH 12:30pm Dollar Tree/Family Dollar	10 CENTER CLOSED in observance of Veterans' Day
13 Ocean State Job Lot 11:45am Exercise with Lewan 12pm Lunch 12:30pm Gentle Yoga with Jennie	14 ShopRite 11:45am Exercise with Lewan 12pm Lunch 12:30pm Bingo	15 ShopRite & Burlington Coat 12pm Lunch 12:30pm Dollar Tree/Family Dollar	16 Walmart 11:45am Exercise with Lewan 12pm Lunch 12:30pm Chrissie Bittner, RDN, LDN	17 Walmart 12pm Lunch 12:30pm Look Who's Dancin'
20 Aldi 11:45am Exercise with Lewan 12pm Lunch 12:30pm Aversa's Bakery	21 Ross & Burlington Coat 12pm Lunch 12:30 pm Look Who's Dancin'	22 Forman Mills 11:45am Exercise with Lewan 12pm Lunch 12:30pm Aversa's Bakery	23 CENTER CLOSED HAPPY THANKSGIVING	24 CENTER CLOSED
27 Kohl's 12pm Lunch 12:30pm Prize BINGO!	28 Junior's Cheesecake (sign up with Larry: MUST have at least 5 shoppers) 12pm Lunch 12:30pm Gentle Yoga with Jennie	29 Target 11:45am Exercise with Lewan 12pm Lunch 12:30pm Family Dollar/ Dollar Tree	30 Amish Market 12pm Lunch 12:30pm Horticulture Therapy	