

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>November 2023</div> <div>Monthly Menu</div>						
			Breakfast-Egg & Cheese Sandwich on English Muffin, Fruit Yogurt Lunch-Grilled Tuna Melt on Wheat Bread, Waldorf Salad w/ Apples & Grapes, Pickled Beets Dinner-Meatloaf w/ Tomato Glaze, Mashed Potatoes, Green Beans	Breakfast- Scrambled Eggs, Yogurt, Banana Nut Muffin Lunch-Kielbasa w/ Peppers & Onions, Honey Mustard Glaze, Roasted Potatoes Dinner- Chicken Florentine w/ Mushrooms & Spinach, Roasted Carrots, Warm French Bread	Breakfast-Waffles w/ Strawberry Sauce, Sausage Lunch- Egg Salad on Multigrain Bread, Sun Chips, Fresh Fruit Dinner- Coconut Fried Shrimp, Sweet Chili Sauce, Fried Rice, Pea Pods	Breakfast-Continental Lunch-Roasted Turkey Salad w/ Craisins & Candy Pecans Dinner- Beef Stroganoff w/ Mushrooms, Egg Noodles and Green Peas
Breakfast-Continental Lunch-Grilled Cheese Sandwich, Pickles, Fruit Salad Dinner- Marinated Roast Beef, Mashed Potatoes, Fresh Green Beans, Warm Dinner Roll	Breakfast- Breakfast Burrito, Salsa, Fruit Lunch- BLTTA Salad with Avocado, Fresh Breadstick, Grapes Dinner- Mahi Mahi w/ Garlic Cream Sauce, Seasoned Rice, Spinach & Carrots	Breakfast- Fried Eggs, Bacon Breakfast Potatoes, Toast Lunch- Grilled Turkey Burger w/ Lettuce, & Cranberry Mayo, Potato Salad Dinner- Sicilian Lasagna with Italian Sausage, Caesar Salad, Garlic Bread	Breakfast- Cinnamon Roll, Scrambled Eggs, Yogurt Lunch- Sloppy Joe on a Bun, Bread & Butter Pickles, Baked Beans, Creamy Coleslaw Dinner-Pork Tenderloin w/ Apricot Glaze, Baked Sweet Potato, Roasted Cauliflower	Breakfast- Scrambled Eggs, Hash Browns, Sausage Links Lunch- Asian Noodle Salad, Egg Roll w/ Sweet & Sour Dinner- Oven Baked Chicken Tenders w/ Honey Mustard Sauce. American Fried Potatoes, Buttered Beets	Breakfast- Brioche French Toast, Warm Berry Sauce, Bacon Lunch- Meatball & Marinara Sub w/ Pickles and Peppers, Garden Salad Dinner- Parmesan Crusted Tilapia, Butter Sauce, Rice Almondine, Root Vegetable	Breakfast- Continental Lunch- Pork & Chili Bean Enchilada, Lettuce, Tomato, Avocado, Elote Salad Dinner- Honey & Orange Glazed Chicken Thigh, Roasted Yukon Potatoes, Carrots and Peas Veterans Day Remembrance Day (Canada)
Breakfast- Continental Lunch- Tuna Salad on Croissant w/ Lettuce and Tomato, Sun Chips, Pickles Dinner- Roast Turkey with Cranberry Sauce, Apple Dressing, Fresh Green Beans Diwali (Hindi)	Breakfast- Over Easy Eggs Bacon, Hash Browns Lunch- Pizza Burger w/ Italian Sausage, Marinated Tomato Salad Dinner- Red Wine Beef Short Ribs, Dilled Red Potatoes, Whipped Squash	Breakfast- French Toast Bake, Berry Sauce, Eggs Lunch- Brown ale Pork on a Pun, Pickled Onions, Squash & Couscous Salad Dinner-Hungarian Paprika Chicken, Egg Noodles, Vegetable Blend	Breakfast-Blueberry Bagel, Cream Cheese, Bacon & Fruit Lunch-Grilled Ruben on Marble Rye, German Potato Salad, Roasted Beets Dinner- Oven Baked Cod w/ Lemon Dill Sauce, Quinoa Blend, Roasted Zucchini Peppers & Onions	Breakfast- Breakfast Muffin Scrambled Eggs, Fruit Yogurt Lunch- Salad with Figs, Roasted Fennel & Pork Tenderloin, Chunky Spiced Apple Sauce Dinner- Swedish Meatballs over Mashed Potatoes, Lingonberry, Steamed Broccoli	Breakfast- Fried Eggs, Sausage Patty. English Muffin Lunch- Beer Battered Cod, Tartar Sauce, Jo-Jo Potatoes, Apple Coleslaw Dinner- Ravioli w/ Squash & Spinach Cream Sauce, Roasted Carrot Blend, Garlic Toast	Breakfast- Continental Lunch- Pesto Chicken & Havarti Sandwich, Marinated Veggie Salad Dinner- Traditional Pot Roast w/ Carrots & Potatoes, Fresh Green Beans, Warm French Bread
Breakfast- Continental Lunch- Chicken Cobb Salad w/ Hard Boiled Eggs, Avocado, Corn Bread Dinner- Ham with Cranberry Chutney, Scalloped Potatoes, Root Vegetable Blend, Warm Dinner Roll	Breakfast-Breakfast Hash Fried Eggs, Toast, Fresh Fruit Lunch- Roast Beef & Cheddar Sandwich w/ Roasted Red Peppers, Ambrosia Salad Dinner- Spaghetti w/ Tomato Meat Sauce, Garden Salad, Cheesy Bread	Breakfast- Scrambled Eggs w/ Cheese, Bacon, Cinnamon Raisin Toast Lunch- Mushroom & Swiss Burger w/ Pickles, French Fries, Creamy Coleslaw Dinner- Country Fried Chicken, Mashed Potatoes, Seasoned Corn	Breakfast- Breakfast Sandwich, Hash Browns, Fresh Fruit Lunch- Chicken Fajitas w/ Onions & Peppers, Black Beans & Rice Dinner- Pesto Shrimp, Pasta, Fire Roasted Tomatoes, Bread Stick	Breakfast-Fried Eggs, Bacon Rye Toast Lunch- Naan Bread Pizza w/ Italian Sausage, Roasted Vegetables, Garden Salad Dinner- Breaded Pork Chops w/ Cinnamon Apples, Baked Sweet Potatoes, Roasted Brussel Sprouts Thanksgiving Day (US)	Breakfast- Buttermilk Pancakes w/ Warm Syrup, Sausage Links, Banana Lunch-Tomato & Bacon Quiche, Banana Bread, Fruit Dinner- Grilled Salmon w/ Mango Salsa, Brown & Wild Rice Blend, Steamed Broccoli	Breakfast- Continental Lunch- Philly Cheese Steak, Au Jus, French Fries, Fruit Dinner- Pork Chow Mein w/ Oriental Vegetables, Chow Mein Noodles over Rice
Breakfast- Continental Lunch- Beef & Blue Salad w/ Roast Beef & Blue Cheese Turkey Parmesan w/ Stewed Tomatoes & Zucchini over Penne Pasta, Garden Salad, Dinner Roll	Breakfast- French Toast w/ Berry Sauce, Warm Syrup Lunch- Smoked Gouda Grilled Cheese w/ Fig Jam, Sweet Potato Fries, Cucumber Salad Dinner- Roasted Salmon w/ Sun Dried Tomato Sauce, Rice, Asparagus w/ Lemon Butter	Breakfast- Fried Eggs w/ Toast, Breakfast Potatoes, Sausage Links Lunch- Taco Salad w/ Sour Cream and Tortilla Chips Dinner- Braised Pork Chops w/ Onions & Gravy, Corn Bread Stuffing, Vegetable Medley	Breakfast- Egg & Cheese on English Muffin, Yogurt Parfait Lunch- Grilled Tuna Melt on Wheat, Waldorf Salad, Pickled Beets Dinner- Meatloaf w/ Tomato Glaze, Mashed Potatoes, Green Beans	Breakfast- Scrambled Eggs Yogurt, Banana Nut Muffin Lunch-Kielbasa w/ Peppers & Onions, Honey Mustard Glaze, Roasted Potatoes Dinner- Chicken Florentine w/ Mushrooms & Spinach, Roasted Carrots, Warm French Bread	Type extra information here.	