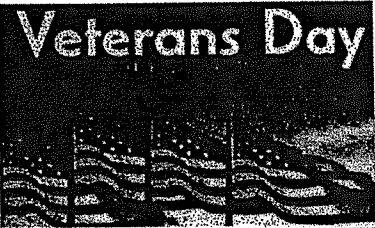



PENDER ADULT SERVICES MENU - NOVEMBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Meat - at least 2 oz Casserole - 6 oz Veg/Fruit - 1/2 c Season with margarine or veg oil Bread - 1 each	Approved by: <i>Kathleen Adoma, RD, CDN</i>		Beef Pot Roast Mashed Potatoes/Gravy Baby Carrots Applesauce Dinner Roll/Margarine 2 % Milk	Vegetable Soup Tuna Salad Sandwich Fresh Orange Goldfish Crackers Cookie 2 % Milk
Sweet n Sour Meatballs over Brown Rice Stir Fry Vegetables Pineapple Tidbits Egg Roll 2% Milk	Parmesan Bkd Chicken Breast Rosemary Roasted Potatoes California Blend Vegetables Blushing Pear Biscuit 2 % Milk	Roast Turkey/Gravy Sweet Potato Half Squash/Onions Strawberries Dinner Roll/Margarine 2% Milk	Lasagna Tossed Salad/Dressing Peaches Breadstick 2 % Milk	Tomato Soup Pimento Cheese Sandwich Banana Crackers / Cookie 2 % Milk
CLOSED FOR HOLIDAY 	Oven Fried Fish Boiled Potatoes Steamed Cabbage Fruit Cocktail Cornbread Muffin 2 % Milk	Roasted Chicken/Broth Buttered Noodles Broccoli Cinnamon Applesauce Biscuit/Margarine 2 % Milk	Stuffed Pepper Corn Tropical Fruit Dinner Roll/Margarine 2 % Milk	Turkey/Cheese Sandwich Pasta Salad Tomato Juice Fruit Cup/Yogurt Bun (Sandwich) 2 % Milk
Pork Chop Pinto Beans Collard Greens Pears Roll/Margarine 2 % Milk	Mango Chicken Rice Pilaf Oriental Blend Vegetables Mandarin Oranges Egg Roll 2% Milk	Turkey Hot Dog Baked Beans Cole Slaw Fruit Salad/Cookie Bun (for hot dog) 2% Milk	CLOSED FOR HOLIDAY 	CLOSED FOR HOLIDAY
Beef Stroganoff over Noodles Baby Carrots Peaches Roll/Margarine 2 % Milk	Smoked Sausage Macaroni & Cheese Spinach Mixed Berries Cornbread Muffin 2% Milk	Hamburger on Bun Sweet Potato Tots California Mixed Veg. Fruit Cocktail Yogurt 2% Milk	Chicken & Dumplings Broccoli Pineapple Tidbits Biscuit/Margarine 2 % Milk	Vegetable Salad with Chicken Strips/Dressing Potato Salad Fruit Cup Crackers 2% Milk